

**A  
Joyful Easter  
to all  
our Readers**

# THE PORTUGAL News

Portugal's **National** Newspaper in English

11 Apr 2009 • Edition Nº 1005 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net

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## Crisis' searches up 1,000 percent on Google

The number of Portuguese researching the word 'crisis' rose 1,000 per cent between September and October 2008, while those looking for the meaning of the word 'recession' increased by nearly 500 percent. (See Page 4)

## Driest March in a decade

According to data released this week by Portugal's Met Office (IM), last March on the mainland was 'hot' and also the driest of the past 11 years. (See Page 5)

## Immigrant unemployment doubles

The number of unemployed immigrants enrolled in job centres across Portugal has risen by almost 50 per cent in one year, and during the first two months of 2009 the rise was 27 per cent, according to the Institute for Employment and Professional Training (IEFP). (See Page 7)

## Red Devils given hell by Dragons

Manchester United's bid to successfully defend their Champions League trophy was this week teetering on a knife's edge after they were held to a 2-2 draw at home by an inspired FC Porto. The deciding match takes place next Wednesday in Oporto. (See Page 56)

## Weekend weather

**Lisbon:** Lisbon will once again enjoy a spring-like weekend with no rain forecast. Maximum temperatures will be well in their teens and early 20s. **Faro:** Some cloud cover is expected on Sunday, but spring will be very much in the air this weekend, with temperatures sitting around the 20-degree mark. **Oporto:** The north will experience scattered showers, with temperatures sitting in their mid teens.

## Upcoming holidays in Portugal:

Friday May 1. Some shops and offices may be closed.

**Home Insurance**  
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see p. 27

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see page 50

**Reader Offers**  
See p. 32/33

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## Exclusive: Gerry McCann looks to appease local population in wake of filming in Praia da Luz



Full Story, see pp 2 & 3

Gerry McCann being photographed on his return to the Algarve last Saturday outside the villa where he stayed with his family in 2006. (Photo: The Portugal News / Paul Luckman)

**THE PORTUGAL**  
**News**



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Edições e  
Publicidade, Lda

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## Content

### News

National 1-7 & 13 • Regional 10-12 • World View 27 • Business 8-9 • Trading Places 15 • Sport 56

### Readers' input

Letters 18 • Club News 16

### Property

Property of the Week 19 • Prestige Properties 21-23  
Property Update 26 • Gardening 24

### Feature pages

Eating Out 17 • More for Women 28-29 • Health 30-31  
Paws & Claws 34 • Travel 35

### Entertainment

Cinema 36-37 • Events 38 • TV Guide 39-45 • Mind & Soul 51

### Advertising

Advertisers' Hotline 32-33 • Company Finder 46-50  
52-55 Classified

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### Print & Distribution

**Printers:** MIRANDELA Gráfica, Lisbon

**Tiragem:** 21,614

**Distributors:** VASP

**Member of** apct audited circulation

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52 editions of *The Portugal News*, cost €67.50 (Portugal), €135 (Europe) or €210 (World Airmail). Send your name and address plus cheque or credit card details to Apt 13, 8401-901 Lagoa or email sam@the-news.net. Queries, please call 707 500 655.

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# "Thank you and sorry"



Breaking a silence lasting several months, the father of missing toddler Madeleine McCann this week spoke exclusively to **The Portugal News** about the ongoing search to find his daughter. He also spoke of the effects Madeleine's disappearance has had on his family. Gerry McCann singled out the local community for praise and expressed appreciation for all the sacrifices they have been forced to endure the past two years, such as the negative impact the case has had on jobs and tourism in the area. He also admitted that cash in the Find Madeleine Fund is now only a few months away from being exhausted.

Shortly before leaving for Faro Airport on Sunday afternoon culminating what had been a whirlwind visit to Praia da Luz, Gerry McCann sat down in a Praia da Luz hotel room for his first media interview in months.

"I can totally understand that people want to move on", said Mr McCann when questioned over the apparent animosity towards him on Saturday when he visited the site of his daughter's disappearance.

"They don't want the media intrusion and the negative association with Madeleine's abduction. For me, and this is going right back to 2007 - I didn't feel any evil around Praia da Luz or anywhere else in Portugal. What happened here could have happened anywhere in the world", argued a

composed and soft-spoken Mr McCann.

"Actually, the amazing response we had from the community was incredibly important to us", he said.

As for the heckling by a small group of middle-aged locals who had been monitoring filming closely since Saturday morning, Mr McCann said: "That aspect was everything I had hoped could be avoided", by keeping the visit under wraps.

He had demanded the utmost secrecy from all those involved in the weeks leading up to the filming of the television documentary by Mentorn Media for the May 7<sup>th</sup> showing of the programme Cutting Edge on Channel 4.

He repeatedly expressed regret at the negative impact his daughter's disappearance has had on the region.

"I am sorry for any harm caused to Praia da Luz", he said, before repeating an earlier request: "I specifically want to thank the local population for all their support and tolerance."

But news of the sacking of more than half of the staff at Ocean Club resort shortly before his fleeting visit was met with regret by the man whose leftist political stance is well-documented, while his background includes growing up in a working class family on a council estate in Glasgow.

There have also been murmurings that former employees are contemplating legal action against the McCanns for loss of income, especially as the 'Maddie Case' is cited as one of the reasons for their dismissal. Mr McCann put this down to "the need to blame someone" for what has happened, saying that

if any legal proceedings were to be instituted, they should be directed at "Madeleine's abductor".

On his return to Praia da Luz and the absence of his wife Kate,

Mr McCann explained: "Kate and I have been desperate to come back to Praia da Luz, but we haven't done

so due to the media exposure and the controversy such a visit would pose. We want to come back and meet the people, without it being highlighted. There is nothing bad about this resort, it is beautiful. In these difficult

economic times we don't want to worsen things. But I do hope people understand why we are

doing what we've done. This is a key factor in an investigation strategy. Madeleine is still missing. We need

to do everything reasonable to get any information. The best thing for everyone is that she is found and that whoever took her is caught".

Mr McCann ruled out any other visits to Portugal in the near future and as for Madeleine's mother, said: "She'd love to come back. But

we will not be returning for the anniversary. We wanted to come here and do this as quietly as possible and not to disrupt", with last weekend's media attention not aiding this desire.

"We want to get to the stage where Kate and I coming to Portugal is not a news story", he said.

"Walking down into the Ocean Club felt like we were going backwards, that bit of it at least - I was the story with the media focussing on me.

"The reason we are doing this documentary is that it should be about Madeleine. I can understand why people don't like it or that our level of child care was not to their standard, but the focus should be on an innocent child and that someone has taken her.

"There's one thing that has been revealed in the case files which is that there is no evidence that Madeleine is dead and there is no evidence to suggest that Kate and I were involved in any theories. It's about Madeleine. As her parents, I hope people understand that we have to do what we are doing", argued Mr McCann.

Visibly uncomfortable at the

question, Mr McCann, when asked about the toll Madeleine's disappearance has had on his marriage, responded by saying: "We are united in our search for Madeleine and we are very strong in our relationship".

And how have the twins been coping with their sister's prolonged absence? "They talk

about her everyday. They are great. Literally, saying: 'When Madeleine comes home...'

When we are having bad days [these comments] drive you on".

But Gerry McCann refused to answer a question on whether or not Madeleine's room has been left unchanged in the event she is found.

"If Madeleine came through the door, Sean and Amelie would react like she went missing yesterday. She is still a huge part of their life and it's refreshing".

What have they been told about where Madeleine might be?

"They completely understand she is missing and they understand something has taken her. There is not a lot more. We had counselling on how to cope with the twins, given to us by a child psychologist who has dealt with child ab-

duction who said we should fill in the gaps as they get older.

But, with us, the psychologist said the problem you have is that there is very little to fill in. The fact remains, she was there one minute and gone the next".

Mr McCann also admitted that their approach to raising their other two children has been significantly altered by Madeleine's disappearance.

"I am undoubtedly much more aware of potential danger or a threat to the kids now and things which we previously considered safe, and probably still are, are no longer.

"It's a horrible balance we as parents now face between being cosseting and allowing the kids freedom, and at what age. I grew

up in a very child-orientated environment, playing in parks, with minimal adult supervision. I think that's healthy", he explains as he leads up to the question about regrets they have over their actions as parents on the evening Madeleine went missing.

"Obviously what we did [leaving the children alone while dining at the nearby restaurant] we thought was safe.

"The whole aspect of a foreign child being abducted while on holiday never entered our thought process for even one moment, because if it had, we wouldn't have done what we did", he said.

An Ocean Club employee has said you were playing tennis on the Monday after your daughter's disappearance while others were looking for your daughter, is that true?

"That is not true. The first time I think I hit a tennis ball was about three weeks later. We stayed in the Ocean Club for two months. What we were told in terms of counselling was that it was really important we get back into doing things for our mental well-being. Jogging was the first thing we did. It was only weeks later that we

played tennis and that was primarily because my sister was over and she plays more tennis than I do.

"About six weeks after returning home, I played some golf due to the solitude and privacy it affords me, but I was followed onto the course by a photographer and that was just horrible - the inva-



Gerry McCann with the actress playing Kate

sion of privacy. I think Kate has played tennis once in the two years - it has become much harder for us to enjoy the simple things in life".

On returning to the apartment last Saturday and how he felt re-entering it almost two

years after last being there, Mr McCann said: "The apartment doesn't hold any bad karma. It was just a couple of thoughts really, it was about re-enacting [the events on the night of her disappearance] and it was where I last saw Madeleine. But actually, I felt more emotional at church this morning [last Sunday] with the support and seeing the photograph of Madeleine with the words 'Help me' along with the green and yellow ribbons around it was more difficult to cope with."

Gerry McCann explained his involvement with the documentary, which will be aired next month and shown in several Eu-

ropean countries including Portugal shortly afterwards, was purely aimed at finding Madeleine.

He also recalled that failed attempts to stage a police reconstruction were not of their doing.

"We would have been obliged to come back [due to their status as *arguidos* that was only lifted last July]. It did not fall on us to do it, but other people. Don't get me wrong, we had major concerns as to why the reconstruction was being done. As opposed to this reconstruction, which will be broadcast with a view to getting new information, the police reconstruction was not aimed at

finding Madeleine, but rather to look for inconsistencies. There were 12 or 15 people involved and it is inevitable there would be inconsistencies", he said. A response which led to the question over his disagreement with

"A foreign child being abducted while on holiday never entered our thought process for even one moment"

"It has become much harder for us to enjoy the simple things in life"



A defaced hoarding in Praia da Luz featuring a photograph of missing Madeleine and the words "Help me!" (Photo: The Portugal News / Paul Luckman)

Jane Tanner [a member of the so-called Tapas 7] over where he was standing as Miss Tanner walked passed him the night she spotted a man taking what she believed to be a man carrying a child:

"In my mind, I am 100 percent certain I was on the other side of the road, though Jane Tanner and Jez Wilkins said I was on the side closest to the apartment. I can't resolve that, I remember making a conscious decision to cross the road".

Mr McCann also revealed that the family has made peace with the fact they might never see Madeleine again, but would never give up the search for her.

"We have always known that's a possibility and that is why we have to rely on other people. And we have that incredibly difficult balance between doing this [filming the reconstruction] and the human interest aspect. While we also want our lives to be private and normal for the sake of Sean and Amelie, we also need to do as much as we can. It's a possibility we might never see her again, but until we have absolute definitive evidence of what happened to Madeleine, we can't stop searching."

Do you think the Portuguese PJ police did everything within their powers to find Madeleine?

"I think the way you are asking the question is right. PJ did more in this case than on many other occasions and worked extremely hard. And there were many different pressures. If you look back there were probably mistakes made on all sides."

As for the role of private investigators and reconstructions, Mr McCann said it was a way of ensuring no stone is left unturned in the search for his daughter.

"At the minute there is no law enforcement agency actively looking for Madeleine and by that, I mean looking at the evidence saying; where are the gaps and what more can we do? And that's what we need. We have severe limitations and issues of

jurisdiction and we realise we have to work with the authorities. We will hand over all relative in-

formation we obtain as we do not want to waste resources nor do we want to duplicate things."

The Find Madeleine Fund, which has received around 2.5 million pounds since it was set up shortly after

Madeleine's disappearance in 2007, now appears to be running out of financial resources.

"There's still money in it", says Mr McCann, adding: "I can't give you the exact figure, but we have spent and continue to spend a lot of money with the aim of trying to enhance the chance of finding her."

On the chances of the Fund

drying up completely he responded: "It won't dry up in the next few months, but probably by the end of the year, at the rate we are running."

He concluded that fundraising is presently being considered as an option to boost funds and thus ensure an ongoing interest in finding Madeleine.

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# PM looking for a more pro-active Government



Prime Minister José Sócrates inaugurates an extension of the National Immigrant Support Centre (CNAI) in Faro on 3rd April. (Photo: Lusa / Vasco Célio)



Last week Portuguese Prime Minister José Sócrates announced he wants a civil service that "motivates" the country and highlighted a new 'Citizen's Bureau', that has opened in Faro, as "an example" of the Government's new cost-reducing politics.

"There cannot be economic success if we cannot beat at the forefront of modernised administration", he said, underlining that the Government's aim is to have a public administrative service that "motivates" citizens and encourages improvements in their lifestyles.

According to the PM, Portuguese citizens are faced with "hidden" and "heavy" administrative costs, which in his opinion can be reduced by modernising the civil service.

Prime Minister Sócrates made the comments during the inauguration ceremony of Faro's 'Second Generation Citizen's Bureau', which represents an investment of around three million euros and covers an area of 2,100 square metres.

Of the Citizen's Bureau, he said "our investing in these premises is an example of a line of politics that follows modernization and that will never go back-

wards, nor will any government dare to undermine".

José Sócrates paid compliments to Faro Mayor José Apolinário for going ahead with the Bureau in the centre of the City, which, according to the PM, a few years ago would have been "impossible".

"We do not want a civil service that is distant, but that is exactly where the citizens are", he said.

Faro's Citizen's Bureau is located on the first floor of the City's municipal market and comprises services that previously did not exist, as well as a National Centre for Immigrant Support (CNAI).

Amongst others it will offer dedicated sections for notary and registrar services, social security matters, and a multi-service counter, which is one of the most innovative aspects of the new bureau as it is entirely technologically-based.

## 'Crisis' searches up 1,000 percent on Google

The number of Portuguese researching the word 'crisis' rose 1,000 per cent between September and October 2008, while those looking for the meaning of the word 'recession' increased by nearly 500 percent.

However, when it comes to Internet research, football remains one of Portugal's favourite topics.

This was discovered by Google Insights for Search, which can determine Internet research trends by the number of people 'Googling' any particular subject, by the number of times a certain word is 'Googled', and by region.

Google Insights for Search is a free tool that allows checks on what topics are of greatest public interest and how long they are of interest.

In a statement Google said that between 2007 and 2009 there had been a huge surge in the number of people researching the words 'crisis', 'economy', 'recession', 'stock market', and 'banks', particularly between August and October last year, and in January this year.

"The peak of research between August and October 2008 coincided with information about the collapse of AIG and Lehman Brothers, in the USA, with the fall of world markets, the start of European banks being nationalized, and expectations that the Euro Zone would enter recession in 2008", information from Google stated.

## One mobile sold every five seconds in Portugal

Last year the Portuguese nation purchased 5.9 million mobile phones, which is an average of 11 mobile phones every minute or one sold every five seconds, according to consultancy agency IDC.

Despite the 4.4 per cent rise in mobile phone sales in comparison to 2007, during the last three months of 2008 sales registered a fall of 5.7 per cent, in comparison to October, November and December of 2007.

In that period of 2008, Nokia maintained its lead with a market quota of 43.9 percent, though its sales have since fallen by 0.7 percent.

Samsung followed, dominating 28.6 percent of market sales, with Sony Ericsson taking third place; though

this brand also saw its sales subsequently fall by 2.1 per cent.

LG occupied 4.6 percent of the market, with a 47.1 per cent rise in sales in comparison to the last quarter of 2007.

Motorola however saw its sales drop by 85 percent, taking up 1.6 percent of the market, the same quota as Apple, which has experienced considerable success with its iPhone.

Regarding 'smartphones', Apple represents 10 per cent of that sector.

## Used car sales down

Even though more second hand cars are still sold in Portugal than new cars, used car sale figures have gradually fallen since 2006, according to a report by the National Association for the Business of Vehicle Commerce and Reparation, ANECRA.

Despite a decrease of nearly 20 per cent in average used-car sales figures, a number of opportunities for growth within this market were identified, such as the rise in people sourcing second-hand vehicles via websites, a rise in taxes on imported and foreign

vehicles, and improved access to credible market information.

ANECRA's report was presented during the first FleetData Forum for Used Vehicles.

Roberto Saavedra Gaspar, Country Manager for FleetData Portugal, explained that "various factors have unleashed complexities within the used car market; such as too many on offer and a fall in demand, the current set of economic circumstances, alterations in fiscal and tax laws, and programmes that benefit the purchasing of new vehicles".

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## Joyful Easter to all our Readers

# Driest March in a decade

According to data released this week by Portugal's Met Office (IM), last March on the mainland was "hot" and also the driest of the past 11 years.

Last month, average rainfall figures were 20.9 millimetres, significantly below the standard average (61.2) which is calculated on average monthly figures from 1971 to 2000.

On their website, the IM described last month as "extremely dry", with average air temperatures of 19.9 degrees Celsius, the fourth highest average documented for March since records began.

In March 1997, the average temperature was 23.3 degrees, in 1961 it was of 20.2 degrees, and in March 1998 the average temperature on mainland Portugal was established to have been 20.1 degrees.

This year, Alcácer do Sal was the region that experienced the highest temperature in March, registering 29.9 degrees on the 27th of that month.

Throughout last month various parts of Portugal experienced 'heat waves'.

Back in 2006, five heat waves were recorded between May and September and officials said they directly resulted in the deaths of 1,259 people in Portugal.

Health authorities said the majority of the fatalities that year were people aged over 75 in what turned out to be the fifth hottest summer on record in Portugal.

While the five heat waves experienced in 2006 are not uncommon, meteorologists say their frequency is definitely on the rise.

The Met Office classes a heat wave as being when temperatures are five degrees above the aver-

age for a period of six consecutive days.

Heat waves can therefore even be recorded in winter, though they are more prominent in Portugal during the months of June and August.

A number of extraordinary weather patterns were also recorded in 2006, such as the 11-day heat wave in July (Alentejo) that was deemed the longest of its kind since the beginning of World War II.

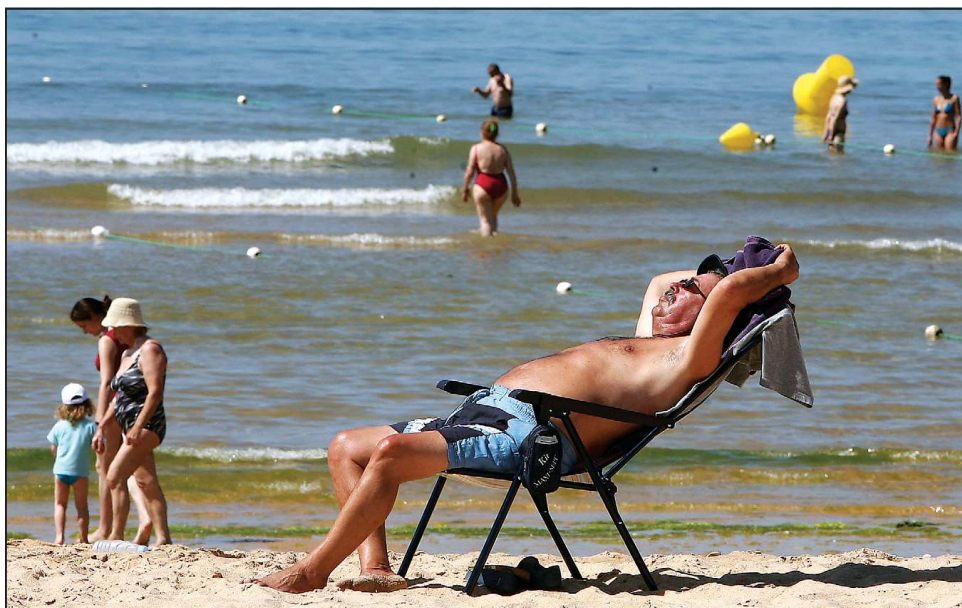
Recent research also shows that climate change is also leading to an increase in the temperature of the Atlantic Ocean around Portugal's coastline.

University researchers found in a 2007 study that sea temperatures along Portugal's coastline are approaching the mid-20s, a situation which could have potentially catastrophic repercussions on marine life, and that serves as evidence that the climate in south western Europe is changing at a rapid rate.

Data from the UK University of Leicester Earth Observation Science Group reveals that parts of the Atlantic lapping on to Portugal's sheltered shorelines are heating up by 0.07 degrees centigrade every ten years.

The researchers said that the rise in temperature may not appear significant, but it does have enormous implications as regards to climate conditions and indicates that climate change is for real.

In some of Portugal's coastal resorts, sea temperatures are now regularly edging up to 24 degrees.



The weather so far this year has been hot enough for the beach where sunbathers have been seen as early as March. (Photo: Lusa / Luis Forra)

## Global warming bringing UK climate closer to Portugal

According to Natural England, the British Government's environmental adviser, in terms of climate parts of Britain may become more like present-day Portugal as global warming sets in this century and affects weather

patterns and landscapes.

For example, the Dorset Downs in southwest England may experience summer droughts and intense winter storms, causing soil to erode, beech trees to decline, streams to dry up and freshwater

species to die.

Natural England published a report which was made public on March 31<sup>st</sup> and studied four of England's 159 designated 'character areas', to assess how rising temperatures will affect land-

scapes and wildlife.

Natural England's chief executive, Helen Phillips, said in a statement: "By 2080 the climate may resemble that of present-day Portugal," which is 995 miles (1,600 kilometres) south of England.

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# Hundreds of thousands suffering from Hepatitis B



Last week hundreds of specialists gathered in Cascais to discuss new ways of treating liver diseases such as the incurable Hepatitis B, which affects over 100,000 Portuguese and at least five per cent of immigrants to Portugal.

There are at least 100,000 Portuguese and 20,000 immigrants in Portugal suffering from the disease, which is incurable, but can be controlled.

"We estimate that around one percent of the population is a chronic carrier of the disease, which means they always have the virus", said Rui Tato Marinho, President of the Portuguese Association for Liver Studies (APEF).

According to Rui Tato, the problem is bigger within Portugal's immigrant community, which is multi-national, and where the frequency of the disease is greatest.

He explained, "In Portugal there are nearly 400,000 immigrants, from countries all over the world and in some of those countries, like China, Macau and a few African countries, the percentage of people with Hepatitis B is around 10 percent. Indicating that, if you calculate it within the foreign population in Portugal, there is approximately five per cent of immigrants with Hepatitis B. That is more than 20,000 immigrants with the disease".

He confirmed that of those, five percent will "reach chronic stages, and remain that way for the rest of their lives".

"Of those who reach the

chronic stage, some may have a very active strain of the virus and will need treatment, because they may develop cirrhosis or liver cancer", Rui Tato continued, stressing that there are new medicines that can control the virus in nearly 100 percent of such cases.

The Hepatitis B virus is 100 times more infectious than HIV and is one of the world's most widespread diseases.

Every year, millions of people die from Hepatitis B related diseases, like cirrhosis or liver cancer, with alcohol consumption significantly worsening the situation.

# Portugal promises closer judicial cooperation with Macao



Portuguese Justice Minister Alberto Costa capped a three-day visit to Macao last week, saying Lisbon would set up an office in the Chinese territory to ease bilateral business procedures and promising "greater openness" in the posting of Portuguese judicial personnel.

Minister Costa said the future business office in Macao would facilitate the creation of firms and the sale or purchase of properties in Portugal, amongst other matters.

Lisbon, he added, was also ready to help in the posting of Portuguese judges, magistrates

and other judicial officials in Macao, a Portuguese-administered territory until 1999.

He said Macao would soon send a delegation to Lisbon to study Portugal's ongoing programme to digitalise judicial services.

During his stay in Macao,

Minister Costa held meetings with the territory's chief executive, Edmund Ho, and his local opposite, Florinda Chan, amongst other officials.

He travelled to Macao after a visit to Beijing where he reviewed bilateral cooperation in the justice field. *TPN/Lusa*

## Sticker movement shaming curb parkers



After it was officially launched last week, the 'Remove Cars from Curbs' movement adorned around 2,500 poorly-parked vehicles with attention-drawing stickers in protest at the lack of consideration on drivers' behavies.

Since its launch the movement's blog-site ([www.passeiolivre.blogspot.com](http://www.passeiolivre.blogspot.com)) has had some 3,500 visits, a spokesperson said.

The movement's aim is to involve the general public in anonymously 'sticking and shaming' vehicles that are parked inconsiderately, by adorning them with stickers that read 'Don't just think of yourself' and 'respect pedestrians when parking'.

'Parking on walkways or on crossings makes life more difficult for pedestrians, especially for those with disabilities, the elderly, and people with prams or shopping' another sticker reads.

Around 1,500 stickers have been sent out through the post and a further 1,000 distributed via other means. The number of logos downloaded and printed from the movement's blog is not known.

Hundreds of visitors on the blog left messages of congratulations and support, though some also left comments of protest and complaints.

The police, however, have a different view of randomly sticking messages of protest on privately-owned vehicles.

A source from Lisbon's Municipal Police said that a semi-public criminal damage prosecution could be brought, depending on the owners' complaint; however a PSP police representative

said that "simply putting leaflets or stickers on cars is not, in itself, criminal damage".

"For a vehicle owner to make a complaint of criminal damage, the paper or sticker which was placed on the vehicle must have been unequivocally destroyed, buckled, or altered the spot on which it was placed, and there must have been intent to purposely damage the car when placing it there", the PSP source explained.

The movement's organizer said "We are aware people may make complaints about our actions but that would be quite funny, because they would be reversing the role of who is affecting whom".

## Weight issues dog nearly half Portuguese population

Forty three per cent of the population describe themselves as 'overweight' or obese, according to a study by Glaxo Smithkline.

Carried out over February and March this year, of the 1,500 people interviewed for the study, 32.2 per cent considered themselves to be 'overweight', while 11.2 per cent described themselves as 'obese'.

The study indicates that central Portugal has the highest levels of obesity (13.7 per cent), followed by the Alentejo (12.8 per cent).

In Lisbon 34.7 per cent of the population is overweight.

It was also concluded that obesity is more frequent amongst the population aged 55-64, with the over 65s being more prone to being overweight.

## EU celebrates 30 years of the Birds Directive

The EU's first nature law, the Birds Directive, celebrated its 30th anniversary on Thursday, 2 April.

The legislation is widely considered in Brussels to be one of the greatest achievements of European environmental policy and is central to the EU's strategy for halting biodiversity loss.

The Birds Directive, the EC said in a statement this week, has played a key role in reversing the decline of some of Europe's most threatened birds, particularly through its network of Special Protection Areas (SPAs).

Today there are nearly 5,000 SPAs, covering more than 10 percent of the EU's land mass. They form an integral part of the Natura 2000 ecological network. The Birds Directive is an excellent example of shared responsibility and cooperation among the 27 EU Member States.

Environment Commissioner Stavros Dimas said: "The Birds Directive is one of the great success stories of EU environmental policy. Europe's wild birds have

greatly benefited from the high standards provided by the directive. There are still important challenges to be met to ensure long-term healthy bird populations. The Birds Directive is as relevant today as it was 30 years ago and has a key role to play in delivering our biodiversity policy for many years to come."

A study published in the journal Science has confirmed that the directive has made a significant contribution to halting the decline of some of Europe's most threatened birds.

Despite progress, the EU's rich diversity of over 500 wild bird species still faces serious pressures. According to the latest scientific studies, 43 percent of Europe's bird species are threatened or facing serious declines. This presents a major challenge for the completion of the Natura 2000 network, including the marine component.

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# Unemployment amongst immigrants doubles



The number of unemployed immigrants enrolled in jobs centres across Portugal has risen by almost 50 per cent in one year, and during the first two months of 2009 the rise was 27 per cent, according to the Institute for Employment and Professional Training (IEFP).

By the end of February this year there were 30,754 immigrants 'signed on' at job centres, 10,000 more than for the same month of 2008, when there were 20,754 jobless immigrants.

During the first two months of this year the number of immigrants signing up at job centres rose by 27 per cent, an increase of 6.551 per cent in comparison to December 2008.

Figures from IEFP indicate that immigrants represent 6.5 per cent of Portugal's unemployed, which by the end of February totalled 469,299 people, a rise of 17.7 per cent in comparison to the same month of 2008.

According to IEFP, Brazilians are the worst affected by unemployment (8,722 unemployed Brazilians in Portugal), followed by Ukrainians (4,751), Cape Verdeans (3,350) and Angolans (3,142).

Meanwhile, in related news, since the beginning of this year 90 foreigners have asked for official help in returning to their countries of origin, which is, according to the International Migration Organization (OIM), "three times more" than this time last year.

The foreigners asked to benefit from a programme that helps immigrants return to their homelands.

Mónica Gorracci, head of the OIM, told the Lusa News Agency that 70 to 80 per cent of these were Brazilian.

Brazilians currently make up Portugal's largest foreign community.

She said, "These are people who have lost their jobs because of the economic crisis, and, instead of staying in Portugal to be

exploited, they return to their home countries".

Mónica Gorracci further explained that OIM pays for the immigrant's transport home, and, "in cases of greater vulnerability", even contributes financially to re-integrate the individual.

This programme is co-financed by the European Union and the Portuguese Government.

Last week, The Portugal News revealed that the Minister of Finance, Teixeira dos Santos, had warned Parliament that the biggest problems facing Portugal because of the current economic crisis are "tension" and "serious social problems", brought on by the rise in unemployment.

The Minister explained that despite the Government's best efforts in improving the nation's qualifications Portugal "still has an active population that compares unfavourably with its main counterparts" regarding education.

"It is a worry that this drop in economic activity, with the implications that it will have concerning unemployment, will create very delicate social situations.

We need solutions that demand a very special type of attention, because with unemployment Portugal could witness a worsening of serious social problems", he warned.

The Organisation for Cooperation and Economic Development (OECD) has predicted that unemployment within the Euro zone could reach 10.1 per cent, with Portugal also cautioned that jobless rates could potentially reach double figures in the next 12 months.

The unemployment centre in Gaia where the greatest number of unemployed people in the country have registered. (Photo: Lusa / João Abreu Miranda)



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# TAP among first offering in-flight use of mobile phones



More and more European air passengers are being offered the choice to use their normal mobile phone to send text messages, browse the web or even make calls on board airplanes.

One year after the European Commission put in place common rules for the safe use of mobile phones on aircraft and for simple and non-bureaucratic authorisations of this essentially cross border service, 27 European aircraft are now equipped to allow the secure use of standard GSM handsets onboard aircraft while flying in European airspace.

The number of aircraft enabled for in-flight use of mobile phones is expected to double by the end of the year.

"The possibility to use a mobile phone onboard an aircraft is particularly sought after by business travellers and younger passengers. In addition, in-flight GSM offers are an interesting business model for European companies. This is why a year ago, the European Commission created a legal framework for companies who want to offer mobile communications onboard aircraft in a safe and simple way in European skies without having to go through 27 different national authorisation procedures," said Viviane

Reding, the EU's Telecoms Commissioner.

"I welcome the fact that the first airlines in Europe are now offering in-flight mobile phone use. There are two conditions for a further successful take-up of this new service: first of all, in-flight mobile phone use should not disturb other passengers, for example by leaving ample room for quiet zones during air travel, just as in trains. Secondly, attention should be paid by the operators to prices for these services so that they remain at a reasonable level. If these two conditions are met, then offering on-board mobile phone services can be a bonus for European companies in the competitive global air travel market."

In April 2008, the Commission introduced rules to harmonise conditions for mobile phone services on aircraft across the union.

One year later, these enabling rules have allowed two providers of mobile communications services on-board airplanes (MCA, OnAir (Geneva) and AeroMobile (London) to start

business in Europe. They associate themselves with airlines interested in making such services available to their passengers.

Presently, three European airlines – Ryanair (Ireland), TAP (Portugal) and bmi (United Kingdom) – are building up the service in their fleets: 27 aircraft have already been equipped and the number of MCA-enabled aircraft is expected to double by the end of this year. This constitutes a promising start, while technical trials are taking place in other airlines.

Meanwhile, the airlines are fine-tuning the conditions under which passengers can use their phone on-board aircraft to ensure wider consumer acceptance of the new service, and are analysing the service take-up on those aircraft that are already equipped.

Current indications are that the price of on-board phone services so far start from approx. €1.60 per minute for a voice call and approx. €0.43 for a text message, depending on the terrestrial mobile service provider whose subscription the passenger is using.

## Three million .eu domain names

Three years after its launch, the .eu top-level Internet domain continues to be a success story, the European Commission said this week.

There are now more than three million Internet domains under Europe's own top-level domain. Even the financial crisis has not stopped this growth: the number of .eu domains increased by two percent during the first quarter of 2009, and .eu was firmly entrenched as the fifth most popular

country code top-level domain worldwide.

By promoting a distinctly European online identity .eu can help citizens and businesses to reap the full benefits of Europe's single market. Multinational companies and SMEs, NGOs, think tanks as well as citizens have all adopted

.eu to mark their web presence.

They are not the only ones.

Early last month, Sweden made a symbolic gesture by being the first Member State to adopt .eu for its official website dedicated to the Presidency of the European Union that will start on 1 July: [www.se2009.eu](http://www.se2009.eu).

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## IRS 2008: Income

by Dennis  
Swing  
Greene

### Nº 5 RENTAL INCOME

In this series of articles, we examine different forms of income that must be reported on "IRS" tax declarations:

1. Income from Salaries
2. Self-Employment - the Simplified Regime
3. Income from Capital - Bank Interest
4. Income from Capital - Dividends
5. Rental Income
6. Capital Gains on Investment Portfolios
7. Capital Gains on Real Estate
8. Pension Income

If you rented out a house or an apartment in Portugal in 2008, you will need to declare the income on your Portuguese income tax return. Undeclared property rentals figure high on the list of crackdown targets by *Finanças* enforcement teams.

Not only is the tax man concerned about loss of revenues but also the powerful Portuguese Hotel lobby has turned up the pressure, viewing "black market" rentals as unfair competition.

#### Questions & Answers:

**I rent out a property on a long-term basis. Is a contract required with the tenant?**

It is customary to have a formal rental agreement. There should be three copies: one for the landlord, one for the tenant, and one registered with *Finanças*. In this manner, the tenant can receive a tax credit for rent paid just the same as if he were paying a mortgage.

**I rented to foreigners and the income never came into Portugal. Do I still have to declare this income?**

Yes. You must declare the income on Annex F. Even if your "renters" were foreign holiday makers and you were paid outside of Portugal, it is always the nature of the income (ie. lets of Portuguese property), not where or how payment was made, which determines tax liability.

**What expenses can I deduct from my rental income?**

There are four broad categories of operating expenses that may be deducted, thereby reducing taxable income:

- 1) Services included in the rent (such as utilities, garden or pool maintenance, etc.)
  - 2) Maintenance (such as painting, insurance, etc.)
  - 3) Repairs
  - 4) Rates / Property Tax ("IMI")
- Also, in apartment buildings, collectively shared expenses:

- doorman and common area cleaning costs
- building security
- energy and maintenance of elevators
- condominium expenses

**What expenses are not allowed?**

The following expenses are examples of expenditures which are not deductible:

- construction which alters the structure of the building
- building acquisition
- maid service and other services relating to the usage, rather than the maintenance, of the property;
- capital improvements (such as air conditioning, automatic irrigation system, etc.).

**Some of the tradespeople who have worked for me did not give me a receipt. How do I document expenses?**

To be deductible, all expenses must be documented by proper "facturas" (formal receipts stating the name, fiscal number of both of the entity providing the goods or services as well as those of the taxpayer). Value Added Tax ("IVA") paid must also be included.

**What about Capital Improvements to the property? Can these be deducted?**

No, not on an annual basis. However, when properly documented, capital improvements made in the 5 years prior to sale are deductible from the taxable base of the building when the property is eventually sold.

#### Next: Capital Gains - Investment Portfolios

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for *euroFINESCO* s.a. Private consultations can be scheduled at in *Guia (Albufeira)* 289561333, *Lisbon (Chiado)* 21342421 and in *Funchal (Sé), Madeira* 291221093. Order your copy of our 144 page book, "Portuguese "IRS" Individual Income Tax 2008" by e-mail at [info@eurofinesco.com](mailto:info@eurofinesco.com) or on the internet at [www.eurofinesco.com](http://www.eurofinesco.com).

# EU drives G20 crisis action



Throwing a lifeline to the global economy, the G20 last week agreed to channel \$1.1 trillion (£832bn) into the IMF and other institutions and to tighten rules on financial markets.

The agreement was welcomed by the EU, which has led efforts to crack down on loose banking practices that caused the financial crisis.

Echoing the bloc's proposals, the group of 20 leaders announced measures to promote transparency and to safeguard against system-wide threats and excessive risk-taking. These include new rules on bankers' pay and bonuses - an issue that has sparked public anger - and an end to tax havens that do not share tax information.

The summit in London was step two in the group's efforts to tackle the global financial crisis - the deepest recession since the 1930s. The previous G20 was held in November in Washington.

To help countries in trouble, the leaders endorsed \$500bn (£370bn) in new funds for the IMF, bringing its resources to \$750bn (£556bn). The EU is contributing €75bn of this. In addition, G20 leaders agreed to a \$250bn (£185bn) increase in the IMF's overdraw facility for struggling member countries. A lender of last resort, the IMF asked for the boost after bailing

out more than a dozen countries recently.

A further \$100bn (£74bn) will be available to fund development, and will be channelled via banks set up by donor countries. \$250bn (£185bn) will get trade flows started again.

This is in addition to money being pumped into the world economy by governments and central banks around the world. The leaders said the stimulus should amount to \$5tr (£3.7tr) by next year, the greatest the world has ever seen. Leaders predicted this would create millions of jobs worldwide. The G20 also gave the World Trade Organisation responsibility for naming and shaming those who resort to protectionism. It pledged to conclude rapidly the Doha trade talks - which could boost the world economy by \$150 billion.

In line with EU recommendations, the G20 plan gives international financial institutions a bigger role in monitoring economic risks. It also gives emerging and developing economies more of a voice in these institutions.



Mime artists perform a street play to draw attention to the global recession off Mahatma Gandhi road, in the Southern Indian City of Bangalore on 03 April 2009. G20 leaders of the world's biggest economic powers were gathering in London ahead of a landmark crisis summit to combat the worldwide recession and revamp the global financial system. (Photo: EPA/Jagadeesj NV)

## Household appliances get energy squeeze

EU Member States have come out in support of new rules to improve the energy performance of several products at the recent Ecodesign and Energy Labelling Regulatory Committee meeting.

The package sets mandatory energy performance requirements and creates an upgraded energy labelling system for televisions and 'white goods'.

These new measures are expected to cut the EU's electricity consumption by 51 terawatt hours by 2020, which corresponds to the combined annual electricity consumption of Portugal and Latvia.

"This package of ecodesign and energy labelling measures is a crucial contribution to achieve our energy efficiency goals. I am particularly pleased with the new energy label, which is very clear for consumers, accelerates the race for the most efficient products, and boosts market transformation and energy savings", said Energy Commissioner Andris Piebalgs.

Under the ecodesign proposals, televisions and white goods, i.e. large electrical home appliances, will not be allowed to consume more than a certain amount of energy. For products meeting the requirements, a new energy label will inform consumers of the actual performance of the appliance and allow for comparison before purchase.

The proposed measures for the new energy label for televisions and white goods build on the well-known "A-G" energy efficiency classes, which are complemented by new dynamic classes "beyond A".

The new format allows consumers to judge - and manufacturers to show - at a glance how much 'better than A' a product really is. So, for example, 'A-20%' meaning that the product consumes 20% less energy than an 'A' model product.

## EU consults publishing SMEs on new business models

The European Commission has launched its first consultation devoted to Small and Medium Enterprises in the publishing sector: books, newspapers, and magazines.

Publishing in the European Union now provides nearly 700,000 jobs, in around 80,000 companies across today's 27 Member States, most of them SMEs. The consultation will

map out how publishing SMEs are responding to the evolving business environment and the changes brought about by new technologies.

The results, says the EC, will help to better understand the difficulties publishing SMEs face and identify ways action at national and EU level can strengthen the sector during difficult economic times.

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# EN 125 no longer most dangerous road



What was considered the most dangerous road in 2007 does not even make the list of Portugal's most dangerous roads in 2008 as accidents have reduced dramatically on the road that crosses the entire Algarve.

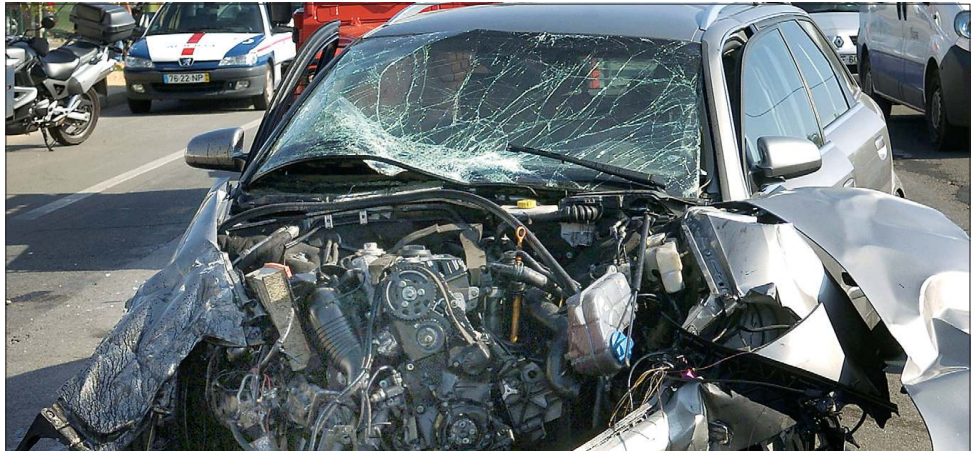
A total of 365 accidents occurred on the infamous EN 125 in 2007, making it the most dangerous road in the country to drive on, but, one year later, the number reduced drastically to 275 and it does not even get a mention on the list of Portugal's most dangerous roads.

Carlos Lopes, director of road safety agency ANSR, does not know why, or how, the EN 125 was suddenly removed from the black listed roads, but says ANSR's recommendations to renovate the road could have con-

tributed to the falling accident rates.

The most dangerous road in 2008 was the A5 motorway, which connects Lisbon to Cascais, followed by EN 10 (connecting Almada and Setúbal) and the A2 (South Motorway).

However, although these were the roads where most accidents occurred, it was the EN 105, between Santo Tirso and Guimarães, that was considered the most lethal as 13 serious accidents have occurred in less than a kilometre stretch of road.



The EN 125 has seen accidents reduce dramatically, with the road no longer being listed as Portugal's most dangerous road. (Photo: Luis Forra/LUSA)

## Divers remove rubbish

Last Saturday a group of divers removed a total 77 kilos of waste from the seabed in just one dive. The rubbish was deposited in an 'Ecopoint', to be recycled later.

"In total 77 kilos of waste was collected from the seabed, a considerable amount taking into account that this time we concentrated on a smaller clearance area and that the dive lasted just one hour", said Gabriel Neves, of Divetek.

The work, carried out for a general 'sea-cleaning' project "ProjectMar", took place off "Pareda da Prainha", in Alvor.

In 2008 'ProjectMar' divers managed, through two bigger

clearance projects, to retrieve around two tons of rubbish from the seabed.

Rubbish that was found this year will now be treated by regional recycling company Algar, who provided the 'Ecopoint' for the occasion.

Studies have shown that 68 per cent of the waste that is removed is made of plastic, like carrier bags, amongst other things, while 32 per cent is made up of materials like glass and wood.

The hour-long dive, which covered 100 metres, involved 45 divers from the local Portisub and Subnauta dive schools.

## Algarve hoteliers accuse TAP of 'ignoring' region



Regional hoteliers are accusing Portuguese airline TAP of ignoring the Algarve, which is considered one of the major tourist destinations in the country, by centralizing its new connections to Moscow (Russia) and Warsaw (Poland) from Lisbon.

In a statement to Portuguese press agency *Lusa*, Eldérico Viegas, head of the regional Hotel and Tourist Resort Association AHETA, said he was "sorry" that TAP had not considered the Algarve's Faro International Airport as a possible departure point for one of its five weekly flights to Moscow or Warsaw, which will commence in June.

"The opening of routes to up-and-coming markets is always good news, but, in this case, it is sinful to ignore the country's biggest tourist region", he said.

He justified his position by saying Moscow and Warsaw's markets are "hugely appealing to the Algarve and Madeira's tourist product".

"They decided to invest in commerce which we know at present is falling, instead of investing in tourism which we know continues to grow", he said.

Reinforcing his point, Eldérico Viegas underlined the fact that this year twice as many Polish tourists are expected to visit the Al-

garve, with the start of four, weekly charter flights to Warsaw and Krakow.

He continued, "TAP did not have, nor has it ever had, a defined policy regarding air transport for tourism. Until now it has always been foreign companies contributing to increasing tourists flows into the Algarve".

A TAP spokesperson admitted that the new routes are "A risky investment" and that dispersing them throughout other Portuguese airports "would only incur additional costs".

To avoid failure of the new routes, as was the case with Aeroflot and Krasair, who both tried to implement direct routes to Moscow, it is necessary to "make the most of tourism and business traffic flows between Portugal and Russia, and Russia with Africa and Brazil", he said.

The model being applied to Poland is the same.

TAP will commence its direct flights from Lisbon to Warsaw and Moscow on June 10<sup>th</sup>.

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# Easter in Algarve 70 percent booked



A positive outlook regarding Easter Holidays in the Algarve has been projected by the head of the Regional Algarve Tourism Entity (ERTA – formerly the RTA Regional Tourism Board), António Pina, who has estimated around 70 percent of the region's facilities will be full during that period.

"As far as I am aware, although without sound figures, from what I am told by hoteliers and businessmen, demand for holidays in the Algarve over Easter is reasonable, at around 70 percent occupancy", he said.

António Pina believes that the 70 percent occupancy rate estimated for Easter 2009 was mainly achieved "by great efforts and dynamics that busi-

nesses have made in adapting to new challenges and current difficulties".

He also said that it was a consequence of the ERTA's efforts in promoting the Algarve via the media.

Hotel occupancy in the Algarve in February this year was the lowest it has been since 1995, a year in which that month also showed record lows.



The ERTA has estimated around 70 percent of the region's facilities will be full over Easter.

## Tourism board to help beach concessionaries by funding summer 'extension'

The Regional Algarve Tourism Board (ERTA) has pledged to help struggling beach concessionaries who are faced with the shortening of the official 'beach season' due to financial restrictions, by contributing €20,000 with which the concessionaires can extend their services. This money is believed to be going towards carrying out water analysis during the 'extended months', which was initiated at some beaches last week.

António Pina, President of the ERTA, said that the costs of carrying out seawater tests in the months of April, May and October, 'extended months', as the official beach season is from June to September, would "not be the responsibility of businesses or local governments, but of the ERTA". Originally, the official beach season, in which concessionaries operate, generating revenue but also footing costs, was from June 1st to September 30th, though this has now been extended from April

1st to October 31st.

"Expenses that the concessionaires or City Halls used to have with monitoring the water quality are now to be paid by the ERTA", he said. The €20,000 that the ERTA have contributed to this effect is hoped to create financial slack with which more lifeguards can be hired.

Three beaches in Vilado Bispo Bispo - Salema, Burgau and Mareta - are adhering to the 'new' beach season, which started last week.

Albufeira beaches will officially 'open for business' on May 15th, and will be prolonged until October 18th.

Portimão's Rocha, Vau and Alvor beaches will start as normal, from June 1st, but will prolong the season until October 31st. In Alcoutim the beach season will run from May 15th until September 15th.

Counties that wish to 'extend' their official beach seasons must submit proposals with guarantees of safety, cleanliness, and carry out water quality tests.

## Water bills can be paid in installments in Albufeira



Last week Albufeira City Hall executives approved a proposal to alter the Municipal Water Supply Regulations so that bills can be paid in installments.

The original legislation, dating from 2002, did not previously allow payments to be

made in this manner. This line of action comes at a time when families' economical and financial

situations are reflecting the signs of the global recession. Bills will be divided in relation to each

family's individual situation. More information can be obtained from Albufeira City Hall.

## Silves Tea Dance

As the first tea dance proved such a success, the organisers are holding another one on Sunday 19th April, 3 pm - 6 pm.

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Instruction can be given, if requested.

This, again, will be held at the Silves Cine Theatre, admission 5 Euros.

Refreshments will be available.

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# New Estoril-Sol ready next year, most apartments already sold



Two years after it was demolished the iconic Estoril-Sol Hotel has been rebuilt in the form of a residential apartment block that is expected to be complete by next year and in which more than 90 per cent of the apartments have already been sold.

Still one year from completion 92 per cent of the 'Estoril Sol Residence's apartments have already been sold, with the buyers being divided equally between foreigners and nationals.

A company spokesperson said "the most expensive were sold first, with an average price of three million euros", adding that the 'cheapest' apartments, at an average price of €900,000, were still to be sold.

Even before reconstruction had commenced around 65 per cent of the apartments had been sold, including the most expensive one, which sold for 3.7 million euros.

Work to re-erect the Estoril-Sol started in 2008 and should be completed by the beginning of 2010.

After the original Estoril Sol Hotel was demolished, a phase of controversy and contention shrouded the proposed 'Estoril Sol Residence' project, which was extensively scrutinised following claims it did not comply with local environmental laws, but was eventually passed by Cascais City Hall.

'Estoril Sol Residence' is made up of three glass towers, each comprising 111 residential apartments.

The towers are connected by a bridge that is 60 metres above ground, on the towers' 15<sup>th</sup> floor, the ground floors of which are destined to be offices and services.

They will be complemented by an underground car park that has a capacity for 511 vehicles.



The Estoril Sol Hotel, in Cascais, Lisbon. (Photo: Inacio Rosa/LUSA)

## First moves towards Lisbon's new airport

Portugal's Minister for Public Works has this week confirmed that the first steps in launching the construction of Lisbon's new airport, as well as privatizing national airport management company ANA-Aeroportos de Portugal, would happen during the first six months of this year.

Minister Mário Lino said, "During the first semester of this year the first phase, public tenders, will be launched".

The airport will be built on the south side of Lisbon's Tagus River, in Alcochete, in the 'Campo de Tiro' area.

This first phase will entail the pre-selection of contenders for the job of building the

new airport. A second phase will entail choosing the two best proposals, which will then be put through to a final phase of negotiations, after which a winner will be selected.

No further details were revealed by the Minister, who said more information would be "presented when the time is right".

The privatization of ANA is

expected to happen before concessions and construction of the new airport begins. Whoever buys ANA will subsequently be given the concession of the new airport. The total investment is estimated to be 4.9 billion euros, including construction costs of the airport, which should be ready by 2017.

## People without a family doctor double in Lisbon

The number of people living in Lisbon, enrolled in the National Health Service but who do not have a family doctor has doubled between 2004 and 2007, a situation the local government is looking into.

According to Portugal's Health Service there are now more than 100,000 people in Lisbon who do not have a family doctor.

According to documents to which Portuguese press agency Lusa gained access, since new policies to re-structure health centres were introduced, before 2007, the number of patients without a

family doctor in Lisbon grew from 46,481 to 101,208.

These documents also show that over the past four years there has been a growth of 6.2 per cent in people enrolling in the Health service, and a reduction of 8.2 per cent in family doctors.

Despite an accentuated drop in Lisbon's resident population fig-

ures over the past 30 years the number of individuals signing onto the health service through health centres has gradually risen, which could be explained by people being allowed to enrol in their area of employment.

A rise in Health Service users was registered in all of Lisbon's health centres, despite having lowered in four - Lumiar, Marvila, Penha de França and S. João – as of 2005.

On the other hand, the number of general clinic doctors in Lisbon fell by more than eight per cent between 2004 and 2007, from 426 practitioners to 391.

The documents alerted the need for planning a primary health care network within Lisbon, bearing in mind the City's "new dynamics of the population and the predictions of growth".

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## Locals says no to new bridge



A petition has been launched by 'Movimento Esperança Portugal' to protest against the construction of Tagus river's third bridge. It has been named 'Against the Third Bridge over Tagus – Stop Mortgaging the future!'

The petition was launched days after the Government announced the public tender for the construction of the structure. "In the current condition of the State finances, increasing external debt and an economic crisis with no foreseeable end", the Government's decision "does not serve

the national interest, it is unwise" said the 'Movimento Esperança Portugal' (MEP).

According to the MEP, "the minimum budget of €1.9 billion, just for the railway component, doesn't include the normal extra costs of public works, nor the cost of access routes on both

sides, which will never be under €500 million."

They claim it is an unnecessary cost, which future generations will have to pay, and that the increase in traffic the bridge will generate, up to 30,000 cars a day, will only make Lisbon even more congested.

## All Beginnings Are Hard

Sally cringed when I suggested that we read *The Road Home* by Rose Tremain for our April book club choice. The author won the prestigious Orange Broadband Prize for women's fiction last year for her novel about an Eastern European immigrant's struggle to adapt to his new life in London. "Let's read something that relates to us", she moaned. In the end we decided to read the book.

On the surface, *The Road Home* has little to do with "us." Most of us, as ex-pats, came to Portugal with some resources, maybe with a name or two to look up, and possible job prospects or pensions to carry us through. But for me, at least, the transition was a struggle, emotionally more than financially, and therein lies the tie to Lev, the main character in Tremain's novel. Eighteen years ago this month I arrived in Portugal with enough resources for six months, no job, no language and only one friend, the person I arrived with. My family and other friends were at home, and while some wished me well with my "great adventure" others bullied me. "What are you running away from?" one said. "You take yourself with you," cautioned another. Leo, who drove us to the airport, flew a US flag on his car as if to say, "deserters." On the overnight American Airlines flight from LA to Heathrow, I woke up in the

middle of the night, frightened and said to myself, "What have I done?" On the BA flight from Heathrow to Lisbon was the first time I heard Portuguese. I turned to my friend and said, "It sounds like Russian to me!" Deep down I thought, "How will I ever learn that language?" My Dad gave me the most consoling piece of advice: "All beginnings are hard," he said, over a scratchy phone line from Cascais to Baltimore.

Despite my early discomfort and struggles to adjust, my challenges were not nearly as painful as Lev's (and I won't spoil the book by telling you too many details). However, I did have painful days and nights. Loneliness was the biggest obstacle. I remember telling the one friend I came with, "I underestimated how much I would miss my friends back home." Finally, I met other foreigners. In a struggle for inner security, I recall writing five new names on a paper and tacking it on my wall as if to say, "OK, I'm not so alone now." Lev acquires several friends as well, mostly through his newly found work. Getting a job helped to stabilize me too. Teaching connected me to both students and my teaching colleagues and still does today. Then came my column with *The Portugal News*, then *The Portugal Post*, 18 years old this coming August. Some liked it, others didn't. At a BBQ during my first summer here a woman assailed me. "Oh, you're the one who



Westheimer

writes that column (in those days called "On the Brighter Side"). "Why do you only say the good things about Portugal? Write something real," she screamed.

In *The Road Home*, the main character struggles with the nagging dilemma: go home to his family, friends and familiar surroundings, or stay in London so that he can send ample amounts of money home, compared to what we might be earning locally. I don't have that dilemma. Still, the pull of "stay or go?" sometimes nags at me, especially now that we have such a charismatic, dynamic President. I wonder if I "should" teach in an inner city school, join Obama's reinvigorated Peace Corps, or work for environmental issues in my hometown. In the end I know I'll stay in Portugal where I've created a life I love. Nevertheless, *The Road Home*, while superficially far removed from our ex-pat experiences, in deeper ways tells many of our stories as well.

patwestheimer@gmail.com

# TAP plane makes emergency Luanda landing after 'bird strike'



A Portuguese TAP airline Airbus made an emergency landing at Luanda airport last Thursday minutes after takeoff from the Angolan capital after a bird was sucked into one of its jet engines, TAP said in Lisbon.

Headed to Lisbon, the 250 passengers and crew remained aboard Flight TP 252 on the runway as the plane underwent technical checks, an airline official told the Lusa News Agency.

"The plane had just taken off when a bird entered into a reactor", the TAP official said. "All necessary procedures were immediately activated, one of them being to return and land to determine the damage".

The Airbus landed safely at Luanda's February 4 International Airport about 25 minutes after its departure from the Angolan capital on a flight to Lisbon, the official added.

Technical teams were inspect-

ing the aircraft for possible damage after the so-called 'bird strike', he added.

Airport authorities did not confirm early reports that one of the plane's engines had caught fire.

TPN/Lusa



The TAP Airbus 'Francisco de Almeida', which was forced to make an emergency landing at Luanda airport after a 'bird strike' last Thursday. (Photo: Lusa / Bruno Fonseca)



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## President expresses 'deepest sorrow' for Italy earthquake victims



President Cavaco Silva expressed Portugal's "deepest sorrow and support" this week to his Italian counterpart, Giorgio Napolitano, over the deadly earthquake in central Italy.

"In this hour of difficulty for the Italian people, I want to present to your Excellency, in the name of the Portuguese people and my own, our sentiments of deepest sorrow and support", President Cavaco Silva said in a message.

The earthquake killed more than 50 people, primarily in the central town of L'Aquila.

TPN/Lusa

Photo left: A man looks at a collapsed house in Tempera, Aquila region, Italy, on 06 April. At that time, at least 27 people were reported dead - amid fears of that number rising considerably - after a central Italian mountain area around the ancient town of L'Aquila was rocked by a major earthquake that struck in the early hours of 06 April. (Photo: EPA/Ettore Ferrari)

## Ex-police chief pocketed drug money

Last week an ex-PJ police coordinator was sentenced to seven years and six months' imprisonment for four crimes of embezzlement by the Boa Hora court in Lisbon.

Ana Paula Matos was found guilty of "laundering" 94,000 euros that had been seized in connection with various anti-drug operations.

After reading the sentence Judge Renato Barroso said the accusations had been proved, saying that the defendant had "seriously betrayed the trust that citizens have in the PJ".

The woman's lawyer said her client, ex-coordinator of the PJ's Central Investigation Board for Drug Trafficking (DCITE), would appeal.

According to the accusation, the money that was stolen from PJ coffers in 2006 was used to pay off debts that she had accumulated.

As well as her prison sentence, Ana Paula Matos, who was not present at the hearing, was ordered to re-pay the state €8,340, plus interest, and the legal fees.

Ana Paula Matos, who had been a PJ detective since 1977,

raised suspicions after supervising two operations from which a total of €93,935 disappeared.

Internal affairs investigators had earlier suspected that as many as 21 drug enforcement agents could have been involved in diverting the cash seized from at least two separate operations.

Internal affairs placed advertisements in daily newspapers back in 2007 asking the public to come forward with complaints relating to money seized by investigators from the DCITE drug enforcement agency. It was asked that "any person with a complaint or a grievance against the normal functioning of the DCITE" should come forward.

Internal affairs inspectors gave members of the public ten days to come forward with evidence implicating unscrupulous detectives whose task it is to seize cash and narcotics obtained from operations against international trafficking rings at airports.

In 2006, the DCITE seized €12 million in drug money, along with the equivalent of €1.3 million in foreign currency.

## Creative Writing with Bruce Holland Rogers

There will be an Intensive Course in Creative Writing, run by the American writer, Bruce Holland Rogers, at the Universidade Nova de Lisboa - Faculdade de Ciências Sociais e Humanas.

This is a unique opportunity to explore your writing skills; the course is open to anyone

who has the creative urge to write, whether starter writers or those on the road to exploring different insights. The course aims to develop writing skills and critical awareness of the writing process.

The course will be given in English on 19 - 22 May from 18.00 - 21.00 in Auditório 1 (Torre B).

Price are for FCSH students 20.00 euros and Alumni / non FCSH students 30.00 euros, while for the general public it will cost 45.00 euros.

For further details and to enrol, please contact: creativewritingFCSH@gmail.com / 21 790 83 75, Avenida de Bern, 26-C 1069-061 Lisboa

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## Win 2 return tickets every week\* Faro/Gatwick with Aer Lingus on their new route

Aer Lingus are launching a new route between Faro and Gatwick starting on 26<sup>th</sup> April. To celebrate the launch, they are offering our readers two free return tickets every week until May 2<sup>nd</sup> a total of twenty tickets, so if you don't win this week, try again next week\*. The tickets can be used in either direction (starting from Faro or Gatwick) and are valid until 30<sup>th</sup> June 2009. They include all taxes and airport charges and the prize also includes one checked-in bag per person of up to 20 kilos. Please bear in mind that the tickets are offered on the basis that seats are available on the requested flights, so book as far in advance as you can.



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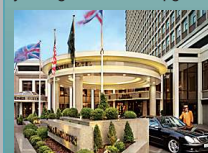
Bookings can be made online at: [www.aerlingus.com](http://www.aerlingus.com) or at any travel agent in Portugal, or through Aer Lingus at Faro Airport or their Lisbon office.

Last week's winner: Veronica Hui of Guia

There is no cash value or alternative to the flight tickets, which are non-transferable. Frequent Flyer points or air miles cannot be used in conjunction with the prize.

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Study all the adverts in the paper, and look for 3 shamrocks, the ones you will find on every Aer Lingus aircraft. They are small, and we have hidden them well and distributed them throughout the paper, so be sure you look everywhere. Once you have found them, email us at [competitions@the-news.net](mailto:competitions@the-news.net) with the company names of the three advertisers. Please write 'Aer Lingus' in the subject. We will draw the answers each Wednesday and the first correct answer that clearly identifies the locations of the shamrocks will win. The winner will be announced the following week. Remember, if you don't win this week, try again next week until the competition ends on May 2<sup>nd</sup>. The Royal Lancaster Hotel is happy to offer a room upgrade as part of the competition prize package. The winners would need to book the best available rate at the time they wish to travel and then inform the hotel so they could upgrade the room type. Winners will be sent a confirmation letter with instructions on how to request your flights and hotel upgrade.



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## James Walker, painting and decorating services

Does your property look like it needs a bit of a facelift? Is it time to give the outside of your home a complete paint job or one of the rooms a revamp? Whether you want a new look for one of your rooms or a total overhaul, a little 'patching up' or a thorough spring re-fresh, James Walker is the man for the job.

Family-man James is never happier than when he's got a paintbrush in his hand - except when he's at home with his wife and their two children aged 5 and 2. But when he's not at home he can be found anywhere across the Algarve painting properties of all shapes and sizes.

James would be just as happy painting a garden wall or even a few plant pots as painting a big villa. As his advert says "no job is too small". If you can't afford a full paint job, but would like a few select areas re-painted, that is also possible. James will have the best solution for you. James will organize colour samples

from which you can choose to match existing colours or choose a new colour. Preparation is paramount in getting a professional finish. The process begins with jet-washing, scraping and priming to help reduce the effects of salt commonly found in Portuguese construction and then completed by fully-repainting with 2 coats of top quality paint. Your property will be left clean and tidy.

Now is an ideal time to consider refreshing your property, with the good weather arriving, and with summer on the doorstep rental properties will benefit from a lick of paint or two, ready for new guests.

James Walker and his family have lived in Portugal for the past five years. He gained experience in his trade from working in his family's building firm back in the UK.

With his fair prices, quality products, and down-to-earth approach to his job, James Walker is certainly a name to remember.



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And surely you will agree there is something for everyone, with the promise of more to come.

It is at present somewhat more expensive to purchase than a Sky Freeview system but offers much more and there are no monthly payments ever, it is a truly spectacular piece of equipment.

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SOS Sky Digital is a small family company, based on the Algarve for the past eight years. With one of the best reputations in the business we are proud to say we always have time for your questions so if you are having problems, would like a set-up or upgrade, send out an 'SOS' and we will always give honest, non-nonsense advice and arrange visits quickly to suit you.

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As Togofor-Homes covers the whole of the Algarve, the company intends to open a further shop in Olhão.

The company takes pride in their professional service which they offer seven days a week. An international team of 10 people who all have a sales and/or marketing background and speak most clients' languages provide this service.

Togofor-Homes are represented across the Algarve and have people dedicated to finding the best properties for sale. Their established network of 'partner Agencies' provides access to a further 1,000 properties, ensuring the right property is found for each client.

As the current market can be described as a 'Buyers Market', Togofor-Homes' comprehensive marketing is focused primarily on generating suitable clients and then promoting properties.

Each month the company commits several thousand euros to a monthly marketing expenditure.

Togofor-Homes attends international property exhibitions and advertises extensively yet selectively, both nationally with Portugal's biggest English speaking weekly *The Portugal News* and throughout Europe and Russia.

It works closely with quality publications such as UK's Portugal magazine, Red Guides and other reputable buyers guides. In addition to this, Togofor-Homes regularly provides press articles on topics pertinent to the Algarve property market.

Their website [www.togofor-homes.com](http://www.togofor-homes.com) is available in four languages and is linked to approximately 200 web portals. This has assisted the website in achieving an exceptional Google ranking of over 55,000 indexed pages (June 2008).

So far the majority of Togofor-Homes' clients are British, although more and more are coming from other countries such as Russia, Estonia, Finland, Norway, France, Holland, Belgium, Germany and Canada.

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### THIS WEEK'S PROFILES



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## Australian Pairs Tournament

The second Australian pairs bowling tournament was staged at the Alvor Club this past week in perfect bowling conditions. There was a full entry of 32 pairs competing for the title and excellent cash prizes making. The Monday and Tuesday were round robin group matches, eight groups of four teams each playing three qualifying matches. The Wednesday was a rest day and Thursday saw the eight group winners do battle in the quarter finals, the remaining twenty pairs going into the attractive cash competition.

The plate was played over Thursday and Friday, twenty pairs each playing two games, the four pairs with the best record to progress to the semi finals on the Saturday. After some topsy turvy scoring in the qualifying rounds, the four qualifiers were John and Jean Wilkinson, John Jones and Paul Johnson, Seamus and Paula Montgomery and John

Denn with Tom Sanderson. Seamus and Paula defeated John Denn and Tom Sanderson by 21-17 whilst John Jones and Paul Johnson beat John and Jean Wilkinson by 18-12 in the other.

The main event was an enthralling match eventually won by Mike and Catherine Webb, defeating Brian and Lesley Walker by 19-14. In the third and fourth place playoff, Chris Reynolds and Terry Hughes took five shots on the last end to squeeze home by 17-15 over Alan Clarke and Ian Watson.

The plate final was a good win for Paul Johnson and John Jones over Paula and Seamus Montgomery by 21-9.

The competition goes from strength to strength and entries for next year are already being received. Our grateful thanks to Competition organisers Connie, Paul and Alan and to helpers at the Alvor club for the use of the excellent facilities. *Alan Clarke.*



Competitors in the Australian Pairs Tournament.

## The Annual 'Ryder Cup Style' match

The Annual "Ryder Cup Style" match between the Douro & Tagus Golf Societies took place on the 28<sup>th</sup> & 29<sup>th</sup> March at the Montebelo course in Viseu.

Due to other social events, the teams were reduced to 12 players each. On the first day the teams played in pairs and they ended with a score of 3 all. The following

day the singles took place and it was nip & tuck all the way to the extend that the final result was in the hands of the last groups and went to the 18<sup>th</sup> hole where the Douro Golf Society clinched the victory.

The Tagus Golf Society are still ahead by one match and next year will be on 'home soil'.

## A lesson on the green

The Santo Antonio Club at Alvor has dominated bowls on the Algarve yet again this season. Having finished first, third and fourth in the 9 team Saturday League, members strolled away with the Mid-week League, The Cameron Cup and all 6 events in the Bowls Algarve Inter Club Championships and still found the time to host numerous visiting clubs from overseas and indulge in a domestic programme of 9 strenuous competitions. The latter, held over a period of 5 months to accommodate the 250 or so entries, culminated last Saturday with just 17 players taking part, one of them, would you believe, in 5 events.

At the same time, another Pairs event was in progress; this time, with only 2 woods per player.

A steady stream of spectators had arrived on the scene as the Ladies Singles took centre stage. Sheila Curral burst into an early lead and soon reached a score of 12 - 6, but Joan Worrall fought back, winning 9 of the next 11 ends and the match by a score of 21 - 14 overall.

The Championship Pairs is always a close fought affair and

this year was no exception with the lead alternating throughout. However, Paul Johnson and Alan Clarke won 3 of the last 4 ends to triumph over Frances and Alan Reynolds by 20 shots to 16 to take the title.

At last it was time for the Mens Singles and the appearance of John Laskey, a regular winner of this event.

This year the challenger was John Denn and what a sterling effort he produced, winning 13 of the 24 ends played, but the reigning champion triumphed yet again, storming through in the final stages to achieve a score of 22 shots to 16.

And so we came to the final event, the Fixed Jack, to be played by 2 men who had already featured in 6 of the earlier games. Paul Johnson showed that he was up for it, moving into an early lead, but John Jones hit him hard in ends 6 - 9 to set up a comfortable position from which he never looked back, ending the game 108 - 82, just before 6 o'clock. In all, John had sent more than 400 woods down 120 ends, winning 5 titles, on 5 different rinks - What a Bowler!



Participants proudly showing off their trophies.

## Helping Malawi

The St. Vincents Church Kids Club meets every week at Barlavento English School in Espiche and has the motto 'everyone is cool'. This means everyone is equal and included in everything. They wanted to share what they have with kids from another school in another country who are less fortunate. The Sayere School in Malawi has 501 pupils, 7 classes but only 4 classrooms so many children sit outside for lessons, thus many do not attend regularly due to illness.

Malaria is a huge problem there, so the Kids Club decided to raise money to buy the children a mosquito net each to protect them from the malaria parasite - if they don't get bitten then they don't get sick.

On Thursday 2nd April, the children at Barlavento came to school wearing something silly for the day and were sponsored by family and friends to do so.

And they made a tremendous effort; a Spanish dancer, a scuba diver, a war hero, back to front pyjamas, a brother and sister dressed in each others' clothes, the list is endless!

One brave young man, Vasco, wore his mum's lingerie over his clothes, saying "I was sponsored to wear it, so I will wear it!"

And the reward for their efforts - they raised over €1800 which means they can buy over 260 mosquito nets and therefore save as many lives!!!

The Kid's Club is planning to hold a sponsored walk/jog/run on Friday May 1st which will be open for everyone to join. This event will take place alongside the beach at Meia Praia in Lagos, starting and ending at the Marina - no hills at all! All you will need is a bottle of water, comfy shoes and a sense of fun! So look out for more details and help them buy nets for all the children.



## East Algarve Walks

Every Tuesday & Friday mornings.

For more information  
Call 913 595 868.

brian@moonlightservices.eu  
www.moonlightservices.eu

## Lets walk... from Aguas Bellas

### Wednesday April 15th

A challenging walk of 2.5 hours through spectacular scenery, with some climbs but worth all the effort. 10.30am start - meet at the Cafe Terinho, 4km from Silves. Drive over bridge into Silves, turn

right & at next roundabout take the 3rd exit. You pass the cemetery and then turn right. At the far end of the road turn right again and follow the road for 5km, the cafe is on the left.

## Lets walk... from Pereira

### Saturday April 18th

A walk through countryside that still retains traditional charm, fairly easy with no real climbs but great views. 10.30 start - meet at the cafe Gonçalves in Pereira. Leave the A22 at the Odiaxere / Mx Grande exit and follow the

signs for the 'Autodromo'. When you arrive at the roundabout by the racing site, take the 3rd exit for Pereira and follow the road for 3km, it will bring you into the village and at the T-junction you will see the cafe.

No need to book please just come along with a sense of humour & wearing comfortable shoes, there is a small charge of €5 for the walk.

Julie Statham 965 753 033 or www.portugalwalks.com

## Muddy Cogs Bike Ride

This Saturday's ride 11th April is around the Barragem do Arrade & Barragem do Funcho area.

The ride itself begins in the village of Amorosa, just off the main Silves to Sao Bartolomeu do Messines road, the 124. Amorosa is west of the 124 about 5 km south of Messines. We will meet here around 1.15pm ready for a 1.30 start. Please bring plenty of your own drinks and snacks.

The route is hilly with some sharp ascents, but mostly OK and some long flat sections.

A mixture of dirt track roads and also tarmac. There are some spectacular views and generally very interesting scenery all along the way with this ride. It is about a 31km circuit and will probably take us 2 and a half to 3 hours. For more information, contact Paul Beesley on: 289 360 001, 913 226 954, e-mail: paul.beesley@sapo.pt, or see website: www.activitalgarve.com.

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"Best designed (Algarve par 3) layout" - Greg Turner.  
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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## Restaurant Write-ups

**Mr Grillo** is located in the centre of Porches in a colourful square allowing plenty of parking. Typically Portuguese - cosy and rustic with a wooden ceiling and subdued lighting inside, but if you prefer to eat your meal al fresco there is also a terrace. Your hosts Edwardo and Billington offer international cuisine (flambé is their speciality) all at good value. They also have a bar stocking a fine selection of Portuguese wines, a choice of vegetarian dishes, and a children's menu as well. Their cheerful, attentive staff speak several languages and look forward to taking your reservation.

**Island Café** is situated at the entrance of Presa de Moura, in Sesmarias, near Carvoeiro and offers American casual dining in the relaxing atmosphere of their new, modern restaurant. The restaurant has an airy 'garden' feel, from the moment you pass the many plants on your way in, to the very large open windows leading onto the terrace. Your host Tony Trinder says his brilliant staff will serve up-market American food which is exceptionally good value. The wine list offers a very good selection and there is a separate children's menu. There are plans for live music twice a week during the winter and reservations are recommended.

**Don Toro**, a name to remember, has restaurants in both Almancil and Lagos serving a selection of Angus steaks, gourmet burgers, spare ribs (all you can eat for €9.50!), a selection of salads and fish dishes, with vegetarian options. Offering good value, a children's menu and an international wine selection.

For our restaurant guide please see the hotline on pages 32 & 33

Book your stand now at  
The Portugal News  
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30<sup>th</sup> and 31<sup>st</sup> May

tion their young, professional and friendly staff are happy to take your reservation, which is recommended to avoid disappointment. The interiors are elegant, yet modern and both have outside space to enjoy your meal in the sunshine if you wish. Don Toro Almancil is situated on the Almancil to Quateira road, and Don Toro Lagos can be found just in front of the Cultural Centre. Check out their webpage for specials and promotions at: [www.dontoro.com](http://www.dontoro.com).

**Meu Limão** is located in front of the Golden Chapel and has a street-side terrace in a pretty square, so you can watch the world go by as you enjoy your meal. However, you may prefer to relax inside in the cosy, romantically lit restaurant. Your host, experienced Chef Rodrigue offers an amazing selection of 40 different, quality tapas, salads, vegetarian and vegan choices with seafood being their main speciality, all at reasonable prices. They have a good selection of quality wines at affordable prices sold by the bottle or glass. Don't miss their Mussel Festival from 1st to 30th April - 15 different ways to experience these delicacies!

**The Battering Plaine** in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.



### Goopy chocolate puddings

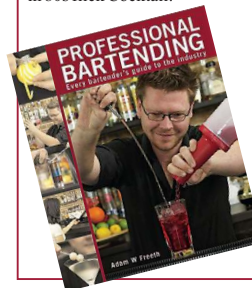
Willie suggests adding dried fruit soaked in alcohol (such as apricots in brandy or raisins in rum) for an adult twist.

**Ingredients** Makes 6-8

180g cacao, finely grated  
200g unsalted butter  
175g golden caster sugar  
6 eggs  
2tsp vanilla extract  
40g ground almonds  
Preheat the oven to 160C (fan).

**To prepare:**

Tom Cruise inspired legions of wannabes when he spun bottles and fluttered his eyelashes in 80s flick Cocktail.



Now bartender extraordinaire Adam Freeth is attempting to do the same thing with his new book, Professional Bartending (New Holland, £14.99/€19.26).

While it's really designed for those intending to work or already employed in the industry, Freeth's book is packed with useful gems on serving and mixing drinks, plus tricks of the trade like handling glassware. I'm thinking of buying a copy for the slack-jawed youth behind the bar in my local - he could certainly use some of Freeth's tips.

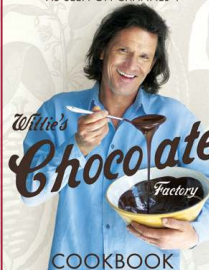
**Grease 6-8 ramekins.** Melt the cacao and butter by placing them, along with 60g of the caster sugar, in a large heatproof bowl set over a pan of simmering water.

Meanwhile, lightly beat the eggs with the remaining caster sugar and the vanilla extract in a bowl.

Stir the ground almonds into the melted cacao and butter mixture.

Gradually fold the cacao mixture into the egg mixture. Divide the mixture between the ramekins and bake for 12-15 minutes. The tops will rise and start splitting when they are ready. Serve at once.

WILLIE HARCOURT-COOZE  
AS SEEN ON CHANNEL 4



Willie's Chocolate Factory Cookbook by Willie Harcourt-Cooze, Hodder & Stoughton, priced £20/€22.



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#### A new law

SIR, We have just been made aware of the need to register any water supply and septic tanks (with the exception of "water tight septic tanks" - fossas estanques and bore-holes already legalised) before May 31st, 2009 under penalty of a minimum fine of €25,000 under Decreto-Lei n.º 226A/2997 of May 31st.

This does not seem to have been widely publicised, but should be of major interest to some of your readers. In our case, it involves legalising over 30 old water mines.

The details of the legalisation process is on the website of Administração da Região Hidrográfica do Algarve (ARH: www.arh.algarve.pt and it can be quite complicated as it requires the signature of every co-owner of the land where the water supply is located (who is not always the same as the owner of the property).

Having started work on this, I would be happy to give more information if required.

JEAN FERRAN, By e-mail

#### IKEA and Sr. Viegas' opinion

SIR, Re your article about the opening of a large Ikea outlet in Loulé and the reported remarks made by Elderico Viegas, head of the Algarve Hotels and Tourist Association. (AHETA)

This gentleman apparently said "it (the Ikea outlet) will not bring any added value to the region or to its main activity which is tourism".

This is a brain dead comment, as evidently the venture will employ 3,000 people. Those who go to work there will consider it an added

value I'm quite sure, especially as the 'main activity'. Algarve tourism, leaves thousands of people out of work throughout the winter.

Perhaps, in this age of rising prices, with everyone tightening their belts and wondering what they can do without, AHETA would like to see another hotel complex go up. Every year we read that hotel occupancy and tourism is getting better when we can see with our own eyes that the season is contracting and the crowds we used to see are staying away, evidently finding the sun elsewhere or not at all.

Portugal is an expensive place now. With crude costs way down, GALP (the Government) still manages to hike the pain at the pump as summer approaches. Supermarket prices appear to be made up from week to week and businesses are folding left and right.

Thank God then for Ikea – and if it's not a tourist related activity, of what exact relevance is Sr. Viegas' opinion?

JOSIAH SLACKBLADDER, By e-mail

#### Dogs and zebra crossings

SIR, Here in Portugal we often see dogs taking themselves out for walks alone. Some of them (not all) have a collar, so obviously belong to someone. Has anyone else noticed, as I have, that dogs are becoming streetwise and using zebra crossings? I've seen this happen too many times for it to be just chance. The other day I saw a large Alsatian trotting across on a zebra, with all confidence. He paused in the middle to glare at a driver who looked as though he wasn't going to stop,

and seemed to be saying 'Hey matey, don't you know I have priority?'

Once when driving near Lisbon I saw a pigeon waddling across on a zebra. I stopped to give it priority and so did the driver travelling in the opposite direction. It took it's time but we both waited patiently with amusement.

JENNY FERNANDES, Lisbon

#### Tick fever

SIR, In the pet section of The Portugal News a few weeks ago there was an article warning about the danger of tick fever and steps that should be taken by owners to protect their animals and there was another last week. Introduced into the blood stream by the saliva of infected ticks, it was stressed that the infection can have grave results if the symptoms are not diagnosed early and quickly treated by a qualified vet.

Neither article makes any mention of the serious consequences to people who are unfortunate enough to contract the human form of this disease. Like pets, it is acquired in the same way and early diagnosis and treatment is essential. Pet owners living in rural areas who share their sofas and beds with their pets should be particularly careful about keeping their animals tick free. Hospitals here are familiar with both the symptoms and their treatment but the danger is if the infection first shows itself after returning to a country like UK where tick fever is uncommon.

Personally, I have never understood why pets often attract more care and attention than their owners but the content of a recent e-mail may provide a clue: If, in some bizarre set of circumstances, your wife and your dog were to be accidentally locked in the boot of the car for a few hours, which of the two would be pleased to see you when you released them? Just joking!

RONLAVERY, By e-mail

## 'Civil Protection' tower angers Carvoeiro residents



Protesters gather against the 'Civil Protection' tower in Carvoeiro.



Foreign and national residents of the 'Areia dos Moinhos' urbanisation in Carvoeiro, Lagoa, held a demonstration earlier this week to protest against the construction of a mast that is believed to measure up to 40 metres in height and will reportedly incorporate a national civil protection system.

On the day of the protest some 30 people gathered at the site where the mast is to be built, including members of the GNR police, a national TV crew and regional reporters.

Residents accused Lagoa City Hall of keeping the communications tower "a deep, dark secret". "Nobody knows anything about it because Lagoa Câmara

doesn't believe this is the business of property owners and businesses in the vicinity", an email from one of the demonstration's main organisers, Canadian Hal Jones, read.

A source from Lagoa City Hall said the mast would amalgamate a national grid for civil protection, which will improve communication between military and security services, like police and fire-brigades, as well as reinforcing response capabilities in the event of a catastrophe or emergency.

The masts are of the National Association for Civil Protection's (ANPC) authority, and, reportedly, City Halls are "obliged" to concede land for masts to be erected.

It is not clear whether these masts entail risks to human health, in the same way high voltage pylons do.

Concerns were raised when a plot of rural land adjacent to Hal

Jones's villa was cleared. Upon asking the reason for "digging up all of the trees", Hal was informed the plot was a "beautification project".

It later emerged that a communications tower would be erected on the plot. Excavations for the mast's implementation have already begun though confirmation of its construction and definite purpose has been vague.

After speaking to two people at Lagoa City Hall, Hal says he has still not received any "solid information" from municipal executives.

Hal has owned a villa in Carvoeiro for more than 20 years and divides his time between Portugal and Canada. He believes the construction of the tower in Areia dos Moinhos would be a "horrible disfigurement" to the neighbourhood as well as to the village, which is one of the Algarve's most popular tourist retreats.

## Portuguese for Beginners

Emília Rosendo

# 141

THIS LESSON:  
The verb structure "*estar* + *a*" in the Past.

#### Read the sentences below:

⇒ **Eles estavam a jantar.**

(They were having dinner.)

⇒ **Ele estava a dormir?**

(Was he sleeping?)

⇒ **Ela não estava a trabalhar.**

(She was not working.)

◆ The verb structure "*estar* + *a* + verb in the infinitive" is used to describe a continuous action. In the sentences above "*estar*" - the auxiliary verb - is in the "*Préterito Imperfeito do Indicativo*" (Past Tense), indicating a continuous action in the past.

◆ The expressions "*Nesse/naquele momento*" (At that moment) and "*Nessa/naquela altura*" (At that time) may be used for emphasis.

◆ Uses of *estar* in *Préterito Imperfeito do Indicativo* + *a* + verb in the Infinitive:

✓ For an action happening in the past: "*Eu estava a ler quando eles chegaram a casa.*" (I was reading when they arrived home.)

✓ For a frequently repeated action in the past, usually with "*sempre*" (always), which appeared to be continuous: "*Ele estava sempre a cantar.*" (He was always singing. = He used to sing the whole time)

① Ask and answer. Use "*estar* + *a*" in the "*Préterito Imperfeito*" + the verb in brackets.

1. O que é que eles \_\_\_\_\_ (fazer)?

Eles \_\_\_\_\_ (pintar) a parede da sala.

2. O que é que ela \_\_\_\_\_ (comer)?

Ela \_\_\_\_\_ (comer) uma fatia de bolo.

3. O que é que tu \_\_\_\_\_ (beber)?

Eu \_\_\_\_\_ (beber) água com gás.

4. O que é que vocês \_\_\_\_\_ (fazer)?

Nós \_\_\_\_\_ (cortar) as unhas dos pés.

5. O que é que ele \_\_\_\_\_ (fazer)?

Ele \_\_\_\_\_ (tomar) um duche.

6. O que é que tu \_\_\_\_\_ (ler)?

Eu \_\_\_\_\_ (ler) o jornal.

Please send your completed exercises with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at The Portugal News and I will return them corrected.

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# PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 11 Apr 2009

## PROPERTY OF THE WEEK

# Casa Ribeiro – rural peace



If the countryside is what you are looking for, Casa Ribeiro manages to combine the tranquillity of rural living together with proximity to some of the Algarve's most prestigious locations.

Located in Boliqueime, Casa Ribeiro is a charming three bedroom villa, with a swimming pool, hidden in the valleys of the small area of Ribeiro, just ten minutes from Vilamoura.

Built in the late 80's, large iron gates leading up a long drive provide the house with privacy from outsiders and a sense of security.

Built on two floors, the house boasts a master bedroom upstairs, two guest bedrooms, a dining room, living room, BBQ area, swimming pool, a large terrace and garden.

The main door opens into the entrance hall where, to the right, is the staircase that leads to the master bedroom, followed by the first guest bedroom. This bedroom is of a good size and is fitted with large built in wardrobes. It has twin beds and windows looking onto the garden. At the end of the entrance hall is the guest bathroom, which has a shower, a toilet and a wash basin. Traditional Portuguese tiles cover the walls.

Opposite the first bedroom, on the left side of the hall, is the second bedroom. This room is slightly smaller than the first but has a built in wardrobe with space to spare.

Straight ahead and through an

archway is the living room. Facing south, this room soaks up the sun all day long and sliding glass doors provide a lovely view to the outside terrace and pool area. It is very large and has a wood burning stove, perfect for getting cosy on those chilly winter nights.

The dining room is located after the living room, with plenty of space to dine for six and the same view as the living room. Connecting to both the living room and dining room, the kitchen is fully fitted with all the necessary appliances and a door also leads to the back of the house.

The master bedroom, upstairs, is enormous and has its own private terrace overlooking the valley. It is en suite.

The pool was cleverly built on the south side, which allows it to bask in the sun all day long, whilst the house protects it from any cold northerly winds. A thatched roof over the BBQ area provides shade, and the 'ladrilha' tiles complement the outdoors perfectly.

The villa is being sold fully furnished for €450,000. For more information please contact Vilagente on 289 314 486, email: vilagente@mail.telepac.pt or visit their website: www.vendavilla.com.



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**Santa Bárbara de Nexe**

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- Lovely country views
- Cott 113m² plot 2.000m²

Ref. C1226  
Price: € 170.000



**São Brás de Alportel**

- Villa under construction
- Quiet area near S. Brás
- 4 bedrooms 3 bathrooms
- Pool, garage, garden
- Air-co, solar heating
- Villa 290m² plot 1.300m²

Ref. V986 - See also V987  
Price: € 530.000



**Santa Catarina**

- Beautiful spacious Quinta
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- Pool, extensive gardens
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**Vilamoura**

Two bedroom apartment composed of two bathrooms, lounge with fireplace, equipped kitchen and terrace. Communal swimming pool and garden area. Tennis court. Construction area - 96 sq.m.

Ref. A1255

Price: € 139,000



**Vilamoura**

Centrally located, near all facilities, two bedroom apartment composed of one bathroom, lounge with dining area, equipped kitchen, storage and terrace. Roof terrace with BBQ. Communal swimming pool and garden area. Construction area - 106 sq.m.

Ref. A1312

Price: € 195,000



**Semino**

Located in a quiet area villa composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, dining room, kitchen, pantry, laundry room, office & large terrace. Storage & 2 closed garages. Orange & lemon trees. Plot area - 600 sq.m. Constr. area - 105 sq.m.

Ref. V12607

Price: € 415,000



**São Brás de Alportel**

Country villa composed of three bedrooms, three bathrooms, lounge with dining area, kitchen, laundry room, office and terraces. Garage, swimming pool and garden. Total construction area of 200 sq.m. and total plot area of 950 sq.m.

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Price: € 885,000



**VILAMOURA**

**A82187**

2 bedroom 2 bathroom apartment 10/15 mins walking to Marina & beach. 10 mins walk to Pinhal Golf Course. Closed complex w/ communal garden and sw. pool. Near all amenities. 100 sq.m. constr. area. Fully fitted kitchen. A/c in the lounge. Excellent letting potential.

Price: € 175,000



**VILAMOURA**

**A82315**

2 bedroom 2 bathroom apartment in very quiet area beside Pinhal Golf course & the Hilton Hotel. Within walking distance to all amenities, supermarket, coffee, bars & restaurants. Complex with communal gardens & swimming pool. 97 sq.m. of constructed area. Furnished & equipped. Large living room with fireplace. An excellent investment, easy letting.

Price: € 139,000



**LOULÉ**

**V92413**

4 bedroom country villa in quiet area, approx. 10 mins drive from Loulé. Large enclosed 32.000sqm plot w/ rock garden, kids playing area, stables for 2 horses plus training paddock, 428sqm constr. area plus basement. Fully furnished & equipped, central heating. A/c. Alarm sys. Pre installed for solar panels. Large garden, heated sw. pool, lovely terrace w/ BBQ area. South facing, panoramic views.

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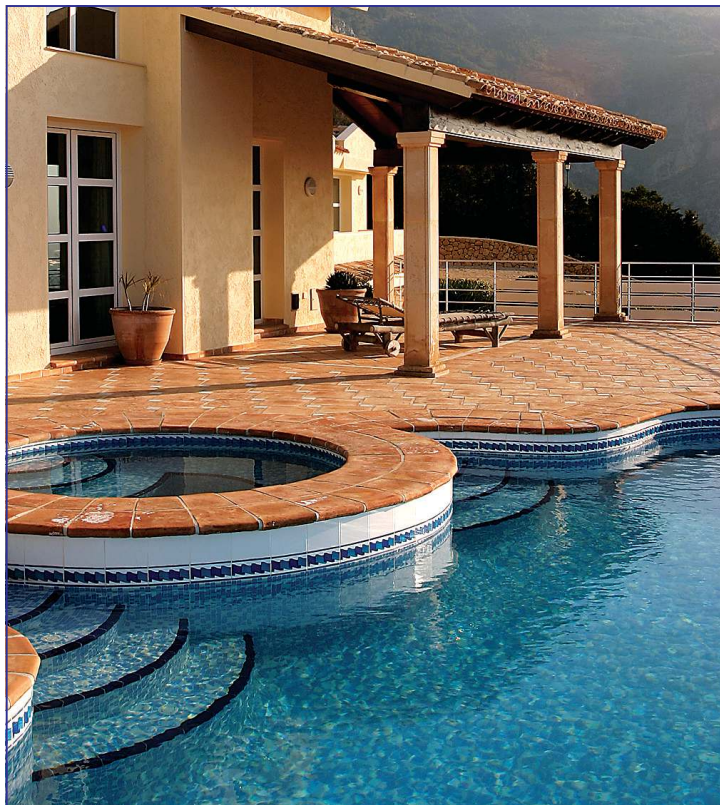
This is a comfortable warm family home with under floor heating, a fireplace in the kitchen and a huge bonus room/playroom/party room in the basement. Large fully enclosed walled garden with pool, garaging, BBQ terrace, plenty of storage and a producing orchard.

The Vila has recently been fully decorated, is close to schools, shops and all amenities and 10 minutes away from the beach.

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The vacation rental website PortugalVillaRenters.com has announced this week that bookings for many of its villas have beat expectations and a few have ceased taking reservations for the summer months this year.

Enquiries have come from holidaymakers from far flung corners of the world, including Singapore and Canada.

The web site allows apartment and villa owners to advertise free of charge by providing a description, photos and map location.

The site's technology enables users to search for properties in a number of ways, one of which includes a Google like search function instead of the traditional reference numbers used on most vacation rental web sites.

Although the recession has severely dented the tourism industry, many are turning to villa

and apartment rental as a cheaper alternative, especially for larger families and group holidays.

An average villa with three bedrooms and a pool will fetch around €1,000 per week in the summer months, although many advertised on the site are receiving bookings for four times that amount on the luxury end of the market.

Whether it is a village townhouse or a rural quinta, PortugalVillaRenters.com has categorised all types of vacation rental properties and is already receiving over one thousand visitors per day.

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## Perfect Pastels



Soft, colourful shades are easy to live with, and a great way to get rooms ready for spring. Pick up on the power of pastels with our guide to pretty pinks, beautiful blues and gorgeous greens.



A good use of pastels in the bedroom (Photo: P A Features)

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## Pretty Pinks

Karen Stylianides, deputy  
editor of House Beautiful maga-  
zine, says pink is the most ver-  
satile pastel.

"Soft pink is an obvious choice  
for the bedroom but is also  
worth considering for a small  
room, like a study, as it creates a  
warm and optimistic feel," she  
says.

"When planning your scheme,  
try to avoid using more than two  
pastel colours in the same space,  
unless you want a very girly  
look."

Stylianides says pastels are a  
fresh and cheerful way to lighten  
up a space, making it look larger  
and creating a calming effect.

She suggests yellow for hall-  
ways and kitchens, and a combi-  
nation of pale yellow and blue for  
a timeless stylish living room.

## Beautiful Blues

Capture the feeling of blue  
skies and seaside settings with  
pale blues, or opt for the fashio-  
nable duck egg shade for a bang-on-  
trend look. Team a duck egg blue  
floral with pinks or maybe lav-  
ender, suggests Jo Cassaboies,  
window dressings expert and  
owner of Preta a Vivre in London.

"As pastel tones are so pale,  
they're not so suitable used indi-  
vidually for major interior deco-  
rations like a window dressing.  
Singly, the effect can be too  
washed out," she says.

"Mixing a couple of pastel  
colours turns them into a strong  
combination."

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# Obama's Emission Cuts: Pragmatic Suicide

"We want to be in (the new UN climate pact), we want to be pragmatic, we want to look at the science," said Jonathan Pershing, the head of the US delegation, during the talks on cutting greenhouse gas emissions in Bonn last week. So how will the Obama administration reconcile political "pragmatism" with the scientific realities? "There is a small window where they overlap. We hope to find it," Pershing explained. But it doesn't really exist.

Signing the United States up to the new climate treaty that will replace the Kyoto accord in 2012 is essential. The 1997 Kyoto treaty was gutted to accommodate American objections, but even so President Clinton, who signed it, never dared to submit it to Congress. Then President Bush "unsigned" it.

A dozen wasted years later, the climate problem has grown hugely, so this time everybody else is determined that the US must be aboard — and Barack Obama also wants the United States to be part of the treaty. But we recently learned what he thinks is "pragmatic". It is that the United States should cut its emissions back to the 1990 level by 2020.

"Pragmatism" is the excuse you use when you do less than you should, because doing more is too hard. Taking a dozen years just to get back US emissions back down to where they were in 1990 definitely qualifies as "pragmatic," but it also qualifies as suicidal folly.

The Hadley Climate Centre in England, one of the world's most respected sources of climate predictions, recently released a study showing that even rapid cuts in global greenhouse gas emissions, turning the current one percent annual growth into a three percent annual decline within a few years, would still warm the world by 1.7 degrees Celsius by 2050.

That is dangerously near the two degrees C rise in average global temperature which is the point of no return.

Further warming would trigger natural processes that release vast quantities of greenhouse gases into the atmosphere from melting permafrost and warming oceans. These processes, once begun, are unstoppable, and could make the planet four, five or six degrees hotter than the present by the end of the century.

At those temperatures, much of the planet turns to desert, and the remaining farmland, mostly in the high latitudes, can support at best ten or twenty percent of the world's current population.

That is why the official policy of the European Union is never to exceed two degrees of warming.

The Obama administration's offer falls far short of that goal. Under the Kyoto accord the US promised a 7 percent cut on 1990 emissions by 2012, but President Bush abandoned that target and American emissions are now 16 percent above the 1990 level.

President Obama is only promising to get back down to the 1990 level over the next eleven years, and forget about the further cuts that the US signed up to a dozen years ago.

Obama is clearly calculating how much he can get through Congress.

As Pershing said in Bonn, "If we set a target that is unmeetable technically, or we can't pass it politically, then we're in the same position we are in now — where the world looks to us and we are out of the regime."

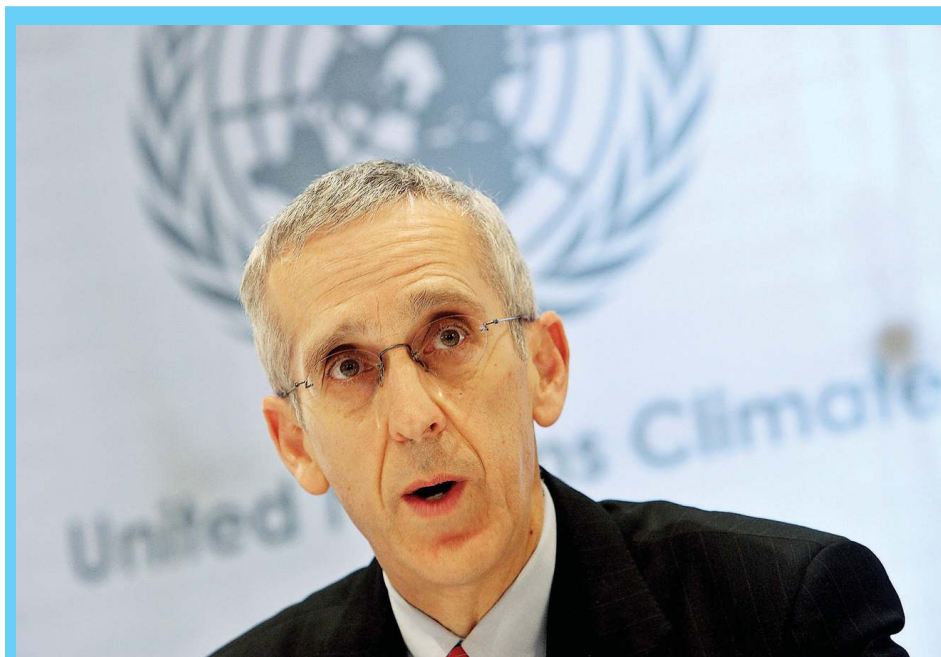
But this isn't an ordinary bill where you settle for what you can get through Congress after the usual horse-trading. If there's going to be a forty-day flood, you either build an ark or you learn to breathe underwater. Building half an ark is not a useful option.

Obama's offer means that the United States would be cutting its emissions not by three percent annually, the minimum global target if we hope to avoid more than two degrees of warming, but by only half that amount. In the long term, it leads inexorably to disaster.

The other two major delinquents among the industrialised countries are following similar tactics.

Australia, which had long been in denial about climate change, ratified the Kyoto accord after the 2007 election, but the new government is offering emission cuts of only between five and fifteen percent by 2020. That is a target that makes even Obama's offer look good.

Canada, which ratified the Kyoto accord long ago and promised a six percent cut in



Todd Stern, special envoy for climate change of the US government, pictured prior to the negotiations for the climate conference in Bonn, Germany, 29 March 2009. Some 2000 delegates from all over the globe started negotiations on a new global climate treaty on Sunday. The negotiations under the roof of the United Nations are to be completed during the climate conference in Copenhagen in December. (EPA/OLIVER BERG)

emissions by 2012, simply ignored its obligations and is now 20 percent above its 1990 level of emissions.

It has no intention of trying to make up the lost ground, and has unilaterally moved its benchmark from 1990 to 2006.

Most other industrialised

countries are on track to meet or exceed their modest Kyoto targets.

Britain and Germany will both be 20 percent below their 1990 emissions level by 2012, and Germany is promising 40 percent cuts by 2020.

The European Union as a

whole promises a 20 percent cut by 2020, but will go up to 30 percent if other industrial countries do the same.

Even that would barely meet the annual three percent cut in emissions we need if we are not to sail through the two-degree point of no return and trigger

runaway warming.

And we have yet to figure out how to bring the rapidly developing countries into the regime, for their emissions, though starting from a low base, are growing very fast.

We are in deep trouble, and "pragmatism" will not save us.

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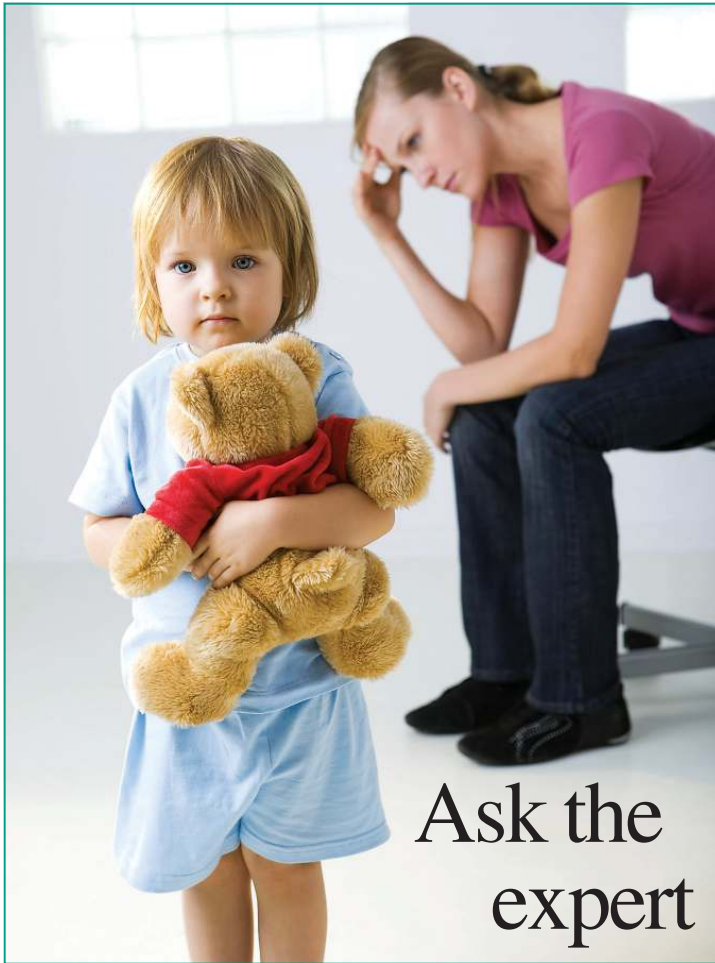
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Gwynne Dyer

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.



## Ask the expert

**Q:** "I know being a parent is supposed to make you happy, but most of the time I'm not. It's such hard work looking after my two young kids. Is there some-

thing wrong with me?"

**A:** Dr Nattavudh Powdthavee, a York University social scientist who has studied life satisfaction, says: "No, there

is definitely nothing wrong with you. You've just described most of the parents with young children we've studied. One reason you might feel there's something

wrong with you is because what you're experiencing goes against the conventional wisdom of 'children = happiness'.

"If most of us - particularly those who don't have children or whose children have grown up - are told that children don't bring happiness, only misery, we'd probably think it's a ridiculous claim. This is partly because those who knew that children don't bring happiness will choose not to have kids and therefore their belief won't be passed on to the next generation.

"But perhaps the main explanation is that we focus more of our attentions only on the good things children bring - the joy of seeing them smile for the first time, or the day they get married - most of which are rare but also considered to be the most salient features of raising children.

"In reality, most parents spend a large chunk of their days attending to the core processes of child care - looking after them, feeding them, etc - which are more frequent, but a lot less salient experiences. It's these negative, but more frequent experiences, that are likely to impact our day-to-day happiness.

"In short, what this research is telling us is perhaps something we know deep down to be true: raising children is probably the duller and hardest thing to do. And perhaps why we should start appreciating our parents a lot more - just for the things we put them through when we were young."



Retired boxing champion Joe Calzaghe has launched an advertising campaign for new website, cybermentors.org.uk, which helps the victims of bullying, saying: "If it can happen to me it can happen to anybody."

The Welshman, who retired unbeaten last month, said he was deeply affected by the bullying he suffered between the ages of 13 and 14. He said other children would gang up on him and call him names - even though he was a British amateur champion at the time.

The former world super-middleweight champion was speaking out as the charity, Beatbullying, launched an advertising campaign for its new website cybermentors.org.uk, a social-networking site which is staffed by more than 700 youngsters who offer advice to their peers about bullying.

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**Reader tip**  
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Gothic eyes, lilac lips and cherry-stained cheeks... every season models strut down the catwalks pioneering daring new trends.

But if there's one fail-safe look that's permanently in fashion, it's nude make-up. And barely-there beauty is back for this spring.

The natural look was seen at countless key S/S09 shows - including Prada, D&G and Vivienne Westwood - making nudes a must-do trend yet again.

Take inspiration from Hollywood stars Cameron Diaz and Jennifer Aniston, who rarely veer away from the 'no make-up make-up' beauty ethos, whether they're walking the dog or the red carpet.

But appearances are deceptive, and although these natural beauties may look virtually cosmetic-free, a long stint in the make-up artist's chair has probably preceded that elusive fresh-faced glow.

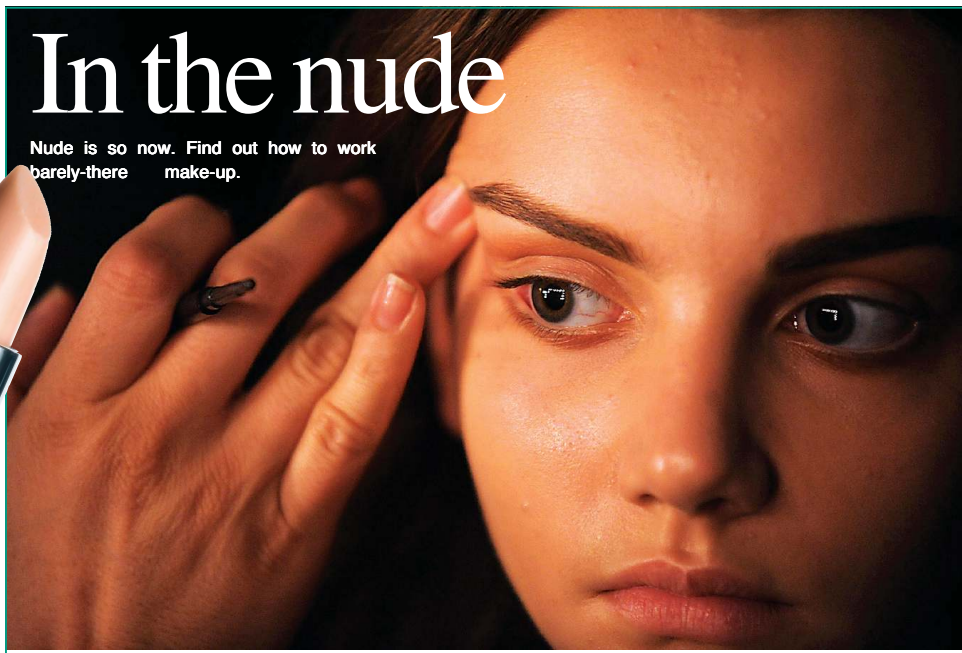
"Nude make-up is definitely having a beauty moment right now, and is not that difficult to achieve once you know how," says celebrity make-up artist Karen Alder (www.karenaldercosmetics.com).

"Always moisturise well before applying make-up - you want the skin to look dewy and fresh. Then it's all about light, shade and glow techniques."

Want barely-there beauty? We show you how to get the knack of nude make-up.

## In the nude

Nude is so now. Find out how to work barely-there make-up.



A model prepares backstage before the show by designer Vivienne Westwood, at Brompton Hall, Earls Court



The Body Shop Translucent Lip Care Stick



Cameron Diaz arrives for the 80th Academy Awards (Oscars) at the Kodak Theatre, Los Angeles

### Base

A face that looks flawless but make-up free is the secret to pulling off this season's tricky nude look. Ironically, it takes a whole lot of groundwork and cosmetics.

"Start by applying concealer with a small brush to blemishes and dark circles. Blend well and keep the amount of product down to a minimum," Karen advises.

"I love mineral powders, and always buy two shades, one in a lighter shade for down the centre and a slightly darker shade for contouring and bringing out the cheekbones.

"If you're used to a heavier base, try a fake tan for the face that's non-clogging to give you a great base colour."

### Eyes

Don't go to the eye extreme of looking like you've just stepped out from the duvet with sleepy peepers.

For all-natural beauty you want to achieve an illusion of big, open eyes - without the look of thick liner and lashings of mascara.

"Make sure the brows are groomed perfectly as they frame your face," Karen says. Book in at a brow bar like Benefit to be shown how to define and groom your brows perfectly.

"This is key to the no make-up look; all of a sudden your eyes look more lifted and fresh. Getting your lashes tinted also helps to frame your eyes."

### Lips

Lips don't have to be completely bare to look like they are. It's essential you keep your pout in tip-top condition to get away with super-sheer lipsticks and glosses for a super-natural tint.

"Use a buffing salve for the lips as a night-time treatment and slick on a balm such as Rodial's Glam Balm in the day to plump your lips without looking too glossy," Karen suggests.

"Use a light dab of your favourite natural lip colour to liven up your face - without one you could end up looking too 'beige' and washed-out."

Lisa Haynes

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# Don't let the recession lead to depression



By 2020, the World Health Organisation predicts that depression will be the second leading cause of death.

Former British soldier William Foxtan couldn't bear it when he discovered his life savings had been wiped out. Last month the 65-year-old father of two, who had invested up to £1 million with the corrupt Wall Street fund manager Bernard Madoff, shot himself.

Experts foresee a looming mental health disaster for Britain as savings are wiped out, property prices plummet and jobs vanish.

Calls to Anxiety UK's helpline have doubled since the beginning of the year and the Government is frantically speeding up investment into psychological therapies.

Depression accounts for more than 2,615 deaths and the loss of 100 million work days each year.

Psychotherapist Richard O'Connor author of Happiness: The Thinking Person's Guide (published by Vermilion, priced £8.99/€ 9.91) points out that as society has become more prosperous, rates of anxiety, depression and stress-related disorders have accelerated in the US and Europe.

"Our biggest mistake in life is believing that 'getting what we want' will make us happy," he says. In the US, sociologists have been asking people the exact same question, the exact same way, for the last five decades. 'On a scale of one to five, how happy would you say you are?' And every single year, fewer people say they are happy."

By 2020, the World Health Organisation predicts that depression will be the second leading cause of death.

The pursuit of wealth is often seen as a root cause of this unhappiness. Not only do we feel obligated to earn more, but escalating levels of wealth cause everyone to feel inadequate.

A recent report by the Mental Health Foundation found that inequalities between the rich and the poor lead to perpetually high levels of stress, depression, high

blood pressure and other medical problems.

But according to O'Connor, all this is perfectly understandable. "Humans are not designed to be happy and satisfied," he says. Evolution keeps us wanting more. Your cave man brain wants you to believe that you'll be happy when you get rich, beat your buddies, rise to the top, and have the biggest house.

"The real secret of happiness is learning to be more systematically observant of what really does make you feel good."

O'Connor says the brain is constantly forming new cells, which means we can all make changes to the way we think. He believes in meditation rather than medication and says feeling happy is a skill.

"The more you practise being happy, the easier you make it for yourself to be happy in the future. Likewise, the more you practise being depressed, the easier you make it for yourself to be depressed."

## Don't worry - be happy

Richard O'Connor has the following tips for boosting your mental health:

• Happiness is a skill, it's not an innate gift. It requires that we pay close attention to our experience and see objectively what makes us happy. Our minds and our culture tell us a lot of lies about what might make us happy, like getting rich, beating out the competition, acquiring a lot of things. We have to get past those assumptions and systematically learn what makes us happy.

• Practice meditation at least four days a week for half an hour. Sit, clear your head and focus on

your breath. Listen to your thoughts and detach yourself from them. As you practice this, you'll learn how you think and be less prone to being overcome with anxiety.

• Practice mindful thinking and observation. Because we're under so much stress, we often stop noticing and enjoying the rich details of life. View yourself and the world with compassionate curiosity. Foster a desire to understand the world and a belief in your own worth.

• Learn to notice when misery is unnecessary. Some misery is inevitable, but some we bring on ourselves. Practice detaching yourself from stressful experiences. Conversely, we can also choose to draw greater satisfaction and meaning from our lives.

• Exercise aerobically for half

an hour, three to four times a week. There's an enormous body of research out there to prove a very simple point: the more you exercise, the better you feel.

• Don't be duped into believing that you'll be happy when you get what you want. Inevitably, when you get what you want, you'll quickly get used to it and start wanting something else. And while you've been waiting, you've missed out on a lot of opportunities for joy.

• At bedtime, let yourself go to sleep thinking about three things for which you are grateful - things that made you happy, or simply the best memories of the day. As you do this, pay attention to the feelings in your body: the smiling reflex, a warmth in your heart, the flow of tension out of your neck and shoulders.

Whenever you feel good, let your body express it.

• Work on wanting what you have. Look around you and try to appreciate your possessions and possibilities - your furniture, books, and possessions. There's beauty and memories there. Savour them.

• Our bodies and minds were not designed for contemporary living conditions - especially not sitting in an office for eight hours a day. Don't assume there's something wrong with you if you're not happy. Be kind to yourself.

Sarah O'Meara

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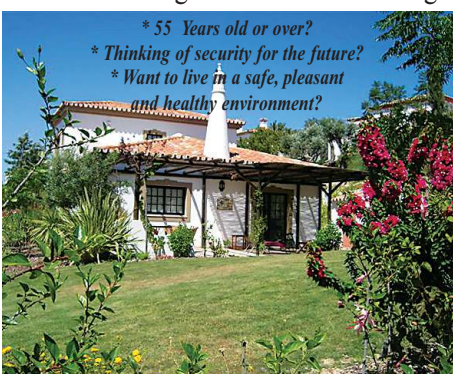
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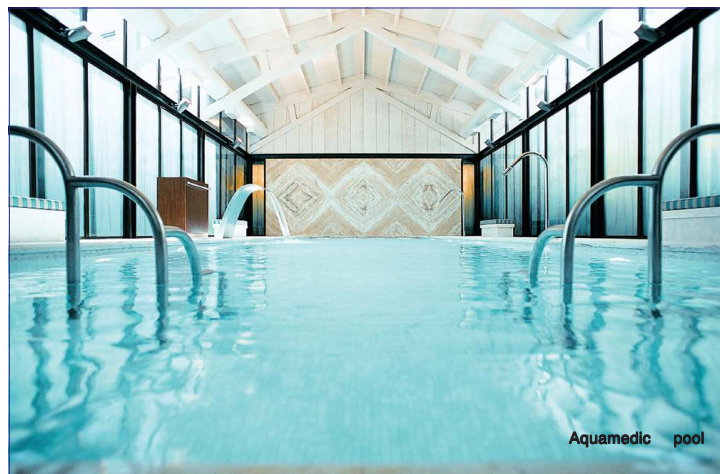
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# Spa with a twist

As far as spas go, Vila Sol Spa excels in every aspect and is increasingly widening the gap from its competition by venturing into new areas. Having recently introduced the Gernétic range, the Vila Sol Spa is now giving special attention to medical recovery treatments, working hand in hand with hospitals to provide post-op relaxation and treatment, using the best brand of bio-medicinal treatments available.



The Tea Room



Located in the luxurious five star Vila Sol Golf Resort, the Vila Sol Spa offers a combination of treatments which are unique to the Algarve.

Combined with exquisite surroundings and the latest equipment, provides a sense of complete well being on both physical and spiritual levels.

Mónica Baptista, manager of Vila Sol Spa, says "At the Spa we provide treatment from the inside out, focusing on specific treatments for each patient."

"We can guarantee that a person will leave our facilities feeling replenished and en route to complete well being."

In order to allow people to get to know all the treatments available without spending a fortune, Vila Sol Spa has recently introduced the small tasters menu.

For a reasonable €15 clients can experience 20 minutes of all

the available treatments, which include dozens of different facials, body treatments, hydrotherapy treatments and well-being and alternative therapies.

On arrival at the Spa, clients are asked to change into the correct attire and wait in the purpose-built waiting area, soaking in all of the natural light which beams through the beautiful skylights above the relaxing wood adorned room.

They are then taken to the Aquamedic pool for a quarter of an hour to unwind and relax before treatment. Besides the advantages on the spiritual level, the Aquamedic pool, equipped with jets, aqua beds and bubble areas, allows the muscles to relax and opens the skin pores, which in turn will help therapists to carry out their job to perfection, whether it be a massage, a facial or a body treatment.

Having introduced the Gernétic range less than a fort-

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night ago, Vila Sol Spa is hoping to change people's perspectives of spas by showing that they cover much more than mere leisure and beauty treatments.

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## Easter Warning - Chocolate and our pets



But what is too high a dose? Theobromine is toxic to a dog when it ingests between 100 and 150 milligrams per kilogram of body weight. The lethal dosage of theobromine in dogs is between 250 and 500 milligrams per kilogram of body weight. The degree of toxicity depends on the weight of the animal and the amount and type of chocolate consumed. Baking chocolate, for instance, contains more theobromine than regular chocolate, making them more toxic to animals. Milk chocolate has about 1.8 mg/gram

mine; a 150gram milk chocolate bar has about 270 mgs. of theobromine. Unsweetened baking chocolate has even more—about 16 to 18 mgs of theobromine per gram.

So what does all that equate to? Maths heads on! The toxic levels are between 100 and 150 milligrams of theobromine per kilogram of body weight, which equates to 2000-3000mg for an average 20kg dog. If an average 150g bar contains 270mg theobromine, in order to reach the toxic levels an average 20kg dog would

have to consume seven 150g of milk chocolate in one go!

Cocoa and chocolate products may be toxic or lethal to dogs and other domestic animals such as horses because these animals metabolise theobromine more slowly than humans. The heart, central nervous system, and kidneys are affected. Early signs of theobromine poisoning in dogs include nausea and vomiting, restlessness, diarrhoea, muscle tremors, and increased urination or incontinence. The treatment at this stage is to induce vomiting. If you think that your dog has ingested a high level of chocolate and is showing signs of poisoning then contact your vet.

This does not mean that your dog has to miss out on chocolate treats. Just make sure that the chocolate is specially formulated

We know that eating chocolate can affect our waistlines but there is a more serious problem that can occur if dogs eat chocolate. Chocolate contains an ingredient Theobromine and it is this that can be toxic to dogs if taken in too high a dose. It is also very dangerous to cats.

This chocolate still contains the cocoa, and therefore the theobromine, but the amount has been much reduced and replaced with high quality flavourings.

So make sure when you purchase your dogs Easter present that the product states that it is specially formulated for dogs and do not feed more than is stated on the packet. And make sure that you keep your chocolate to yourself—I know that it doesn't help your waistline but it will protect your dog! There are plenty of fantastic treats available that your pets will love.

Also available—and much better for your dogs— are Raw-hide Easter Eggs.

*Protect your pets with knowledge.*

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**MUPI is a cross German shepherd around 1.5 years old. She has been in the shelter since a little puppy so she has no traumatic past but also no luck - all her sisters were adopted and she stayed behind. She is a bit shy and very gentle with people and other animals. Very obedient and good on the leash. If you would like to rehome her, please contact Bianca Association in Sesimbra (near Lisbon): [www.bianca.pt/english](http://www.bianca.pt/english) [sesimbra.bianca@gmail.com](mailto:sesimbra.bianca@gmail.com)**



**Bianca**

## Portuguese Animal Rights Association



Abandonment of animals is an ethical, humanitarian and environmental issue and, unfortunately, has not weighed in the way of thinking of many people in Portugal.

We received a copy of an open letter from the 'Liga Portuguesa dos Direitos do Animal' addressed to zoophilic associations pointing out the urgent need to pressure the government to elaborate and implement an effective and efficient, modern and comprehensive law for the protection of all animals.

Without a harsher and up-to-date law, we will continue to see the systematic abandonment of dogs and cats, and other animals, and listen to the many reports of cruelty against animals, whilst shelters continue to be overcrowded deposits for ani-

mals, most of them condemned to live a life of imprisonment in narrow spaces, before the indifference of the government and politicians, with some honourable exceptions.

The association continues to propose having a federation representing all the zoophilic associations whose objectives, among many, would be to heavily punish acts of cruelty against animals.

The animals don't care what you think or feel. But they do care about what you do.

The earth doesn't only belong to man, but to all living creatures that inhabit the earth.

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## Hi There !

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**FORTUNA** is a very nice and young dog. He is 18 months old and likes to be with people. Fortuna is very gentle with children and likes other dogs as well. He is no trouble at all! He has been wormed, deflead and vaccinated (tested negative to Leshmaniose). Fortuna deserves a good home. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)



Hi there! I am **PEPSI** young beautiful little cat. I am very sweet and am looking for a warm lap to sit on. I just want to be loved! Valérie promised me she will find somebody to share my love. I am wormed, deflead, vaccinated and spayed. Call 913 860 865 or 282 342 823 (evenings) [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)



**BEAUTIFUL** labrador female and her pups were left at our gate in the pouring rain a few weeks ago. All healthy, deparasited and vaccinated. Mum is about 2 years old and pups 1 homed (remaining 2 female) about 12 weeks old. Tels. 282 471347 or 91 4767958



## MISSING

Missing dog since 22nd March in Almancil. He was wearing a black collar with bone designs on it. If you found him, or know his whereabouts, please contact us on: T. 912 343 344



**MISSING / STOLEN - Two Araras (ARA ARARAUNA)** went missing or were stolen on 21st March from a winter garden, very safe, in the region of ALBUFEIRA - BRANQUEIRA. Both parrots have a permanent identification ring on their legs 14mm with the Numbers GKEA028 and GKEA709. The birds are 5 and 6 years old respectively. Information can be sent to: Rita Belo Tel: / Fax: 289 502 650. A REWARD will be given of €1,000



**MISSING** Our female black cat with white paws and chin is missing in Vale de Lousas / Alcantarilha !! She has a chip and listens to the name MUIS (mouse). Missing since March 30th. A REWARD will be given. Please call us if you have seen her or know where she is: 969802792 / 282315291 / Patricia & Cor / Casa da Vida Nova



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**ALGARVE**

**SBC**  
**FORUM ALGARVE**  
**TEL: 289 887 212**  
**09 APR-15 APR**

**1 Monsters vs. Aliens**

Animation OV  
15.45  
**The Strangers**  
Liv Tyler, Scott Speedman  
13.40-18.00-20.05-22.10

**2 Monsters vs. Aliens**

Animation OV  
13.30  
**Duplicity**  
Clive Owen, Julia Roberts  
16.10-18.55-21.40 (00.25 Fri & Sat)

**3 Marley & Me**

Owen Wilson, Jennifer Aniston  
13.45-16.20-21.10  
**Underworld: Rise of the Lycans**

Michael Sheen, Rhona Mitra  
18.55 (00.00 Fri & Sat)

**4 Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
12.15-14.35-17.05-19.25-21.50 (00.15 Fri & Sat)

**5 Monsters vs. Aliens**

Animation  
PV: (10.15 Sat & Sun) 12.30-14.45-17.00-19.15  
OV: 21.30 (23.45 Fri & Sat)

**6 Inkheart**

Brendan Fraser, Eliza Bennett  
(11.35 Sat & Sun) 14.00-16.25-18.50-21.15 (23.40 Fri & Sat)

**7 Hotel for Dogs PV**

Emma Roberts, Don Cheadle  
(10.40 Sat & Sun)  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
13.00-15.45-18.30-21.20 (00.10 Fri & Sat)

**8 Che: Part One**

Benicio Del Toro, Rodrigo Santoro  
12.55 (00.05 Fri & Sat)  
**My Best Friend's Girl**

Dane Cook, Kate Hudson  
18.40

**Che: Part Two**

Benicio Del Toro, Franka Potente  
15.50-21.00

**9 Bolt**

Animation PV  
(11.00 Sat & Sun)  
**My Best Friend's Girl**

Dane Cook, Kate Hudson  
14.00-16.20

**Gran Torino**

Clint Eastwood, Bee Vang  
19.20-22.00 (00.40 Fri & Sat)

**CASTELLO LOPES CINEMAS**

**ALGARVE SHOPPING**  
**TEL: 707 220 220**  
**09 APR-15 APR**

**1 Marley & Me**

Owen Wilson, Jennifer Aniston  
13.15-15.50-18.30-21.15 (23.55 Fri & Sat)

**2 Monsters vs. Aliens**

Animation PV  
13.10-15.10-17.20-19.30-21.35  
**Gran Torino**

Clint Eastwood, Bee Vang  
(23.45 Fri & Sat)

**3 My Best Friend's Girl**

Dane Cook, Kate Hudson  
13.40-16.15-18.45  
**Underworld: Rise of the Lycans**

Michael Sheen, Rhona Mitra  
21.20 (23.30 Fri & Sat)

**4 Duplicity**

Clive Owen, Julia Roberts  
13.05-15.55-18.35-21.10 (23.50 Fri & Sat)

**5 Che: Part One**

Benicio Del Toro, Rodrigo Santoro  
13.00-15.40-18.20  
**Che: Part Two**

Benicio Del Toro, Franka Potente  
21.00 (23.40 Fri & Sat)

**6 The Strangers**

Liv Tyler, Scott Speedman  
13.25-15.25-17.25-19.25-21.50 (00.20 Fri & Sat)

**7 Inkheart**

Brendan Fraser, Eliza Bennett  
13.50-16.20-19.00-21.30 (00.15 Fri & Sat)

**8 Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
13.30-16.00-18.40-21.40 (00.10 Fri & Sat)

**9 He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
13.20-16.10-18.50-21.25 (00.00 Fri & Sat)

**CASTELLO LOPES CINEMAS**

**PORTIMÃO**  
**TEL: 707 220 220**  
**09 APR-15 APR**

**1 Monsters vs. Aliens**

Animation PV  
13.30-15.30-17.40-19.45-21.45  
**The Reader**

Kate Winslet, David Kross  
(00.00 Fri & Sat)

**2 Inkheart**

Brendan Fraser, Eliza Bennett  
14.10-16.40-19.10-21.40 (00.10 Fri & Sat)

**3 Marley & Me**

Owen Wilson, Jennifer Aniston  
14.00-16.30-19.00-21.50 (0.15 Fri & Sat)

**4 Duplicity**

Clive Owen, Julia Roberts  
13.40-16.10-18.40-21.10 (23.45 Fri & Sat)

**5 He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
13.35-16.05-18.45-21.20 (23.55 Fri & Sat)

**6 Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
13.50-16.20-18.50-21.30 (23.50 Fri & Sat)

**CENTRE**

**LUSOMUNDO**  
**ALMADA FORUM**  
**TEL: 707 246362**  
**09 APR-15 APR**

**Inkheart**

Brendan Fraser, Eliza Bennett  
**Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
**The Strangers**

Liv Tyler, Scott Speedman  
**Monsters vs. Aliens**

Animation PV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Street Fighter: The Legend of Chun-Li**

Kristin Kreuk, Moon Bloodgood  
**Che: Part Two**

Benicio Del Toro, Franka Potente  
**Última Parada 174**

Michel Gomes, Chris Vianna  
**Eden Lake**

Kelly Reilly, Michael Fassbender  
**Underworld: Rise of the Lycans**

Michael Sheen, Rhona Mitra  
**Duplicity**

Clive Owen, Julia Roberts  
**Marley & Me**

Owen Wilson, Jennifer Aniston  
**Che: Part One**

Benicio Del Toro, Rodrigo Santoro  
**Gran Torino**

Clint Eastwood, Bee Vang  
**Slumdog Millionaire**

Dev Patel, Freida Pinto

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**TEL: 21 754 9000**  
**09 APR-15 APR**

**Inkheart**

Brendan Fraser, Eliza Bennett  
**Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
**Appaloosa**

Ed Harris, Viggo Mortensen  
**The Strangers**

Liv Tyler, Scott Speedman  
**Monsters vs. Aliens**

Animation PV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Che: Part Two**

Benicio Del Toro, Franka Potente  
**Última Parada 174**

Michel Gomes, Chris Vianna

**Underworld: Rise of the Lycans**

Michael Sheen, Rhona Mitra  
**Duplicity**

Clive Owen, Julia Roberts  
**Marley & Me**

Owen Wilson, Jennifer Aniston  
**Che: Part One**

Benicio Del Toro, Rodrigo Santoro  
**Gran Torino**

Clint Eastwood, Bee Vang  
**Hotel for Dogs PV**

Emma Roberts, Don Cheadle

**LUSOMUNDO**  
**AMOREIRAS**  
**TEL: 707 246362**  
**09 APR-15 APR**

**Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
**Monsters vs. Aliens**

Animation PV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Duplicity**

Clive Owen, Julia Roberts  
**Marley & Me**

Owen Wilson, Jennifer Aniston  
**Gran Torino**

Clint Eastwood, Bee Vang  
**Slumdog Millionaire**

Dev Patel, Freida Pinto

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**TEL: 707 246362**  
**09 APR-15 APR**

**Inkheart**

Brendan Fraser, Eliza Bennett  
**Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
**Monsters vs. Aliens**

Animation PV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Duplicity**

Clive Owen, Julia Roberts  
**My Best Friend's Girl**

Dane Cook, Kate Hudson  
**Marley & Me**

Owen Wilson, Jennifer Aniston

**LUSOMUNDO**  
**COLOMBO**  
**TEL: 707 246362**  
**09 APR-15 APR**

**Inkheart**

Brendan Fraser, Eliza Bennett  
**Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
**Soul Men**

Samuel L. Jackson, Bernie Mac  
**The Strangers**

Liv Tyler, Scott Speedman  
**Monsters vs. Aliens**

Animation PV & OV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Street Fighter: The Legend of Chun-Li**

Kristin Kreuk, Moon Bloodgood  
**Última Parada 174**

Michel Gomes, Chris Vianna  
**Duplicity**

Clive Owen, Julia Roberts  
**Marley & Me**

Owen Wilson, Jennifer Aniston

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**09 APR-15 APR**

**Inkheart**

Brendan Fraser, Eliza Bennett  
**Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
**Appaloosa**

Ed Harris, Viggo Mortensen  
**Monsters vs. Aliens**

Animation PV & OV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Che: Part Two**

Benicio Del Toro, Franka Potente  
**Underworld: Rise of the Lycans**

Michael Sheen, Rhona Mitra  
**Duplicity**

Clive Owen, Julia Roberts  
**Choke**

Sam Rockwell, Anjelica Huston  
**The Spirit**

Nathan Phillips, Nadia Bjorlin  
**Gran Torino**

Clint Eastwood, Bee Vang  
**Hotel for Dogs**

Emma Roberts, Don Cheadle PV

**Che: Part One**

Benicio Del Toro, Rodrigo Santoro  
**Gran Torino**

Clint Eastwood, Bee Vang  
**The Reader**

Kate Winslet, David Kross  
**Slumdog Millionaire**

Dev Patel, Freida Pinto  
**Milk**

Sean Penn, James Franco  
**Vicky Cristina Barcelona**

Penelope Cruz, Scarlett Johansson

**UCI CINEMAS**  
**FREEPORT**  
**TEL: 707 23 22 21**  
**09 APR-15 APR**

**Inkheart**

Brendan Fraser, Eliza Bennett  
**Monsters vs. Aliens**

Animation PV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Underworld: Rise of the Lycans**

Michael Sheen, Rhona Mitra  
**Duplicity**

Clive Owen, Julia Roberts  
**The Unborn**

Odette Yustman, Gary Oldman  
**Marley & Me**

Owen Wilson, Jennifer Aniston  
**Gran Torino**

Clint Eastwood, Bee Vang  
**Slumdog Millionaire**

Dev Patel, Freida Pinto

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**09 APR-15 APR**

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**Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
**Monsters vs. Aliens**

Animation PV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Street Fighter: The Legend of Chun-Li**

Kristin Kreuk, Moon Bloodgood  
**Marley & Me**

Owen Wilson, Jennifer Aniston  
**Duplicity**

Clive Owen, Julia Roberts  
**Marley & Me**

Owen Wilson, Jennifer Aniston  
**Slumdog Millionaire**

Dev Patel, Freida Pinto

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**Inkheart**

Brendan Fraser, Eliza Bennett  
**Confessions of a Shopaholic**

Isla Fisher, Hugh Dancy  
**Soul Men**

Samuel L. Jackson, Bernie Mac  
**Appaloosa**

Ed Harris, Viggo Mortensen  
**The Strangers**

Liv Tyler, Scott Speedman  
**Monsters vs. Aliens**

Animation PV & OV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Street Fighter: The Legend of Chun-Li**

Kristin Kreuk, Moon Bloodgood  
**Che: Part Two**

Benicio Del Toro, Franka Potente  
**Underworld: Rise of the Lycans**

Michael Sheen, Rhona Mitra  
**Duplicity**

Clive Owen, Julia Roberts  
**Killshot**

Diane Lane, Thomas Jane  
**My Best Friend's Girl**

Dane Cook, Kate Hudson  
**Choke**

Sam Rockwell, Anjelica Huston  
**The Unborn**

Odette Yustman, Gary Oldman  
**Marley & Me**

Owen Wilson, Jennifer Aniston  
**Che: Part One**

Benicio Del Toro, Rodrigo Santoro  
**Redline**

Nathan Phillips, Nadia Bjorlin  
**Gran Torino**

Clint Eastwood, Bee Vang  
**Hotel for Dogs**

Emma Roberts, Don Cheadle PV

**The Reader**

Kate Winslet, David Kross  
**Slumdog Millionaire**

Dev Patel, Freida Pinto

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**09 APR-15 APR**

**Inkheart**

Brendan Fraser, Eliza Bennett  
**Monsters vs. Aliens**

Animation PV & OV  
**He's Just Not That Into You**

Drew Barrymore, Scarlett Johansson  
**Che: Part Two**

Benicio Del Toro, Franka Potente  
**Underworld: Rise of the Lycans**

Michael Sheen, Rhona Mitra  
**Marley & Me**

Owen Wilson, Jennifer Aniston  
**Butterfly on a Wheel**

Gerard Butler, Pierce Brosnan  
**Che: Part One**

Benicio Del Toro, Rodrigo Santoro  
**Gran Torino**

Clint Eastwood, Bee Vang  
**Slumdog Millionaire**

Dev Patel, Freida Pinto

**LUSOMUNDO**  
**DOLCE VITA DOURO**  
**TEL: 707 246362**  
**09 APR-15 APR**

**Monsters vs. Aliens**

# INKHEART

Based on the book by Cornelia Funke, *Inkheart* is a timeless adventure tale of imagination that centres on Meggie (Eliza Bennett), a young girl whose father (Brendan Fraser) has a secret ability to bring characters from books to life when he reads them aloud. But when a power-hungry villain from a rare children's fable kidnaps Meggie's father to bring others out of the boundaries of fiction, she and a disparate group of friends both real and magic embark on the kind of adventure she has only read about in books to save him and set things right.



# APPALOOSA

Set in the Old West territory of New Mexico, *Appaloosa* re-

volves around a pair of hired guns (Viggo Mortensen and Ed Harris) who come to clean up a dangerous town run by a ruthless, powerful rancher (Jeremy Irons) and his band of outlaws.

While boldly bringing new order to the town, the two fearless lawmen meet a provocative outsider (Renée Zellweger) whose unconventional ways threaten to destroy their decade-old bond.



All she ever wanted was a little credit...

Based on the best-selling series of books by Sophie Kinsella, Rebecca Bloomwood (Isla Fisher) is a sweet and charming New York City girl who has a tiny, little problem that is rapidly turning into a big problem: she's hopelessly addicted to shopping and drowning in a sea of debt. While Rebecca has dreams of working for a top fashion magazine, she lands a job as an advice columnist for a new financial magazine. But when her compulsive shopping and growing debt issues threaten to destroy her love life and derail her career, she struggles to keep it all from spiralling out of control... and is ultimately forced to re-evaluate what's really important in life.



SAMUEL L. JACKSON BERNIE MAC



Two former backup soul singers, Louis (Samuel L. Jackson) and Floyd (Bernie Mac) who have not spoken to each other in 20 years reluctantly agree to travel across the country together to a reunion concert to honor their recently deceased lead singer (John Legend). Cleo (Sharon Leal), a beautiful young woman in an abusive relationship, who is believed to be Floyd's daughter accompanies them as a new singer. A few problems come their way, leading up to their big performance at the Apollo Theater, as the two Soul Men attempt to reform a bond that they lost 20 years ago.

*The Strangers* is a horror film written and directed by Bryan Bertino. The film revolves around a young couple, James Hoyt (Scott Speedman) and his girlfriend Kristen McKay (Liv Tyler),



who spend the night in their remote country house. The couple are terrorized by three masked assailants, who break into the house and damage all means of escape.

# THE STRANGERS

LOCK THE DOOR. PRETEND YOU'RE SAFE.

## Film Classification

Inkheart - M/12  
Soul Men - M/12  
Confessions of a Shopaholic - M/6  
Appaloosa - M/12  
The Strangers - M/16  
Monsters vs Aliens - M/4

He's Just Not That Into You - M/12  
Street Fighter: The Legend of Chun-Li - M/12  
Última Parada 174 - M/16  
Che: Part Two - M/12  
Eden Lake - M/18  
Duplicity - M/12

Underworld: Rise of the Lycans - M/16  
Killshot - M/16  
My Best Friend's Girl - M/12  
Butterfly on a Wheel - M/12  
The Unborn - M/16  
Marley & Me - M/6  
Che: Part One - M/12

M/4 - Suitable for audiences aged four years and over  
M/6 - Suitable for audiences aged six years and over  
M/12 - Suitable for audiences aged 12 years and over  
M/16 - Suitable for audiences aged 16 years and over  
M/18 - Suitable for audiences aged 18 years and over



## HIGHLIGHTS



**LISBON - 18 April - Concert 'Kronos' by Cristina Branco** - CCB-Centro Cultural de Belém at 21h00 - A performance - not to be missed - by someone who is undoubtedly one of the greatest Portuguese musical figures all over the world - (Ages: 12 years and over) - Main Auditorium - Tickets: From €5 to €20 - Cristina Branco features her most recent work, *Kronos*, where time is the line wire which unifies the diverse themes. *Kronos* is composed by unreleased songs written by ten renowned creators, unified by a common factor: all of them have made a long path within Portuguese music, contributing for the establishment of a top-class Portuguese songbook: José Mário Branco, Sérgio Godinho, Amélia Muge, Rui Veloso, Vitorino, Janita Salomé, Victorino d'Almeida, Mário Laginha, Carlos Bica, João Paulo Esteves da Silva and Ricardo J. Dias. *Kronos*' lyrics are signed by some of its composers and by song writers and poets such as Hélia Correia, Vasco Graça Moura, Manuel Alegre, Carlos Tê, Júlio Pomar and Miguel Faria. Cristina Branco vocals; Ricardo Dias piano and musical direction; Bernardo Couto Portuguese guitar; Alexandre Silva viola; Fernando Maia double bass - CCB is situated on Praça do Império in Belém - T. 213 612 400 / 213 612 500 - [www.ccb.pt](http://www.ccb.pt)



**PORTO - Exhibition 'Guy Tillim: Avenue Patrice Lumumba' until May 17 at Serralves Museum** - Many streets in Central Africa are named after the Congolese politician of independence, Patrice Lumumba, who was assassinated in 1961. Guy Tillim's work consists of approximately 60 large photographs of modernist architecture in Congo, Angola, Mozambique, Benin and Madagascar which the colonial powers erected shortly before those countries were liberated. His work addresses the failed utopias of modernity and the difficulties faced by African peoples in their recent history - The museum is situated on Rua D. João de Castro, 210 - T. 226 156 500 / Info: 808 200 543 - [www.serralves.pt](http://www.serralves.pt)



**LISBON - Exhibition 'Colours of the Avant-garde, Roman Art 1910-1950' - Until June 21 at Museu Nacional de Arte Contemporânea - Museu do Chiado** - The project 'Colours of the Avant-garde', developed by The Roman Art Institute consists in a comprehensive exhibition targeting the tense relationship between avant-garde and tradition in the first half of the 20th century. 70 paintings selected from 9 Romanian museums build up an investigation on the political, cultural and visual conditions of the emergence of the local avant-garde and its development until the late 1950s - The Museum is situated on Rua Serpa Pinto, 4 - Open from Tuesday to Sunday (closed on Mondays) from 10h00 to 18h00 - [museudochiado-ipmuseus.pt](http://museudochiado-ipmuseus.pt)



**LISBON - May 16 to June 7 - CIRQUE DU SOLEIL / VAREKAI 2009** - Deep within a forest, at the summit of a volcano, exists the extraordinary world of Varekai. From the sky falls a solitary young man parachuted into the shadows of a magical forest... and the story of Varekai begins. This production pays tribute to the nomadic circus, to the spirit and art of the circus tradition, and to the infinite passion of those whose quest takes them along the path that leads to Varekai - The show is performed at the Grand Chapiteau, Parque Tejo on Passeio dos Heróis do Mar, lote 6.18P, 1990-527 Sacavém/Loures (after Vasco da Gama bridge) - Ticket prices from €39 to €64 for adults, from €29 to €54 for children; wheelchair accessible - Tuesday to Friday at 21h30; Saturday at 17h30 and 21h30; Sunday at 16h30 and 20h30 - Ticket sales: As shown below

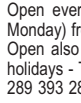
## ALMANCEL

MAY 15

**Couleur France 'Extravaganza Evening' at the Couleur France Restaurant** which for €55 per person includes five dishes, accompanied by wines selected from the Quinta do Crasto line. To see a preview of the menu, see website [www.couleur-france.net](http://www.couleur-france.net), under 'events' - T. 289 399 515, F. 289 394 366

MAY 15

**ALMANCEL - João Cutileiro and José de Guimarães - Works from the 80s and 90s' - at Centro Cultural São Lourenço** - Open every day (except Monday) from 10h00-19h00 - Open also on Sundays and holidays - T. 289 395 475 / F. 289 393 281 - [ccs@iol.pt](http://ccs@iol.pt)



## CARVOEIRO

APRIL 11

**Ma-Ja's restaurant** will be having live music on Saturday, 11th April from 20h00 - The band is called TAMAR and are a newly formed band, but two very experienced musicians.



## FARO

APRIL 11

**Benefit Concert by Orquestra do Algarve (OA) conducted by Laurent Wagner and piano soloist Eleonora Karpukhova in aid of Refúgio Abolim Ascensão** - 21h30 - works from Stravinsky, Tchaikovsky and Mozart - Gambelas Grand Auditorium of Algarve University - Tickets: €10 and €5 for children under 12 - Info: 289 860 890 / 969 530 008 - [www.orquestradoalgarve.com](http://www.orquestradoalgarve.com)

UNTIL APRIL 16

**Exhibition 'As Grandes Viagens Marítimas da China' (China's Great Sea Voyages)** - Museu Municipal de Faro - T. 289 897 400

## LAGOA

UNTIL APRIL 22

**Painting Exhibition by Meike Flesseman** - Exhibitions Room Manuel Gamboa - S. José Convent - T. 282 380 434

## LAGOS

MAY-JUNE

14 years later... Art exhibition MALA at the Slavemarket from 16-30.Oct. 2009, in Barão de S. João at Florestal restaurant, and [www.aidanbremner.com](http://www.aidanbremner.com). Contacts: 00351-919211557, [annegret.aidan@sapo.pt](mailto:annegret.aidan@sapo.pt).

EVERY SATURDAY

Class Act - Live Music playing Swing, Latin & Jazz at L'Escargot Restaurant. Wonderful Mediterranean food and great music - Porto Dona Maria on road between Burgau & Luz "A great evening out" Reservations recommended. T. 282 690 307 M. 961 375 289

UNTIL APRIL 18



EVERY MONDAY

**Quiz Night in aid of Nandi Charity Shop** - 20h00 - start at Mildoces Pastelaria - Near Boat Roundabout - Please call 919 117 108 for more info

## DAILY

**Visit Casa Fogaça and see how the caravels were built, and what was the food they ate on board** - Access to Casa Fogaça is through the Municipal Market on Avenida and from Rua Dr. Faria e Silva - Tuesday to Sunday from 10h00 to 18h00 - 282 780 060

## LOULÉ

EVERY SATURDAY

**Market Fairs on Rua Nossa Senhora da Piedade**

## PADERNE

UNTIL APRIL 30

**Joe Webster's solo exhibition at Galeria Corte-Real opens April 11** (wine and savouries will be served in the garden from 11h-18h) - Joe Webster is recognised as an accomplished artist and gifted teacher - Art 'plein-air' classes will continue throughout the summer - The Galeria Corte-Real is sign posted from Boliqueime, Ferreira and Paderne - Summer opening hours: Thu & Sun: 11h00-17h00 - Fri & Sat: 11h00-19h - T. 912 737 762 / 918 980 199

## PORCHES

UNTIL APRIL 24

**Restaurant Porches Velho** - now open for lunch The renowned restaurant, famous for its traditional Portuguese food and Fado nights - As of this month the restaurant is open Mon-Sat, 12h30-14h30 & 18h30 onwards for evening meals. Closed Sun - T. 282 381 692, M. 919 255 992 - [www.porchesvelho.com](http://www.porchesvelho.com)

PORTIMÃO

UNTIL APRIL 24

14 years later... Works of Art can be seen at EMARP - R. José António Marques, 17 - T. 282 400 260

UNTIL MAY 24

**Exhibition 'Gosto de Mulheres'** a portrait of the creativity of Portuguese women in the arts field like sculpture, painting, jewellery, photography, music, cinema, literature, cookery... - Arade Gallery - Fairs & Exhibitions Park - 962505344 / 964974274

## SAGRES

**Special Saturdays dedicated to Children** - Music, Dance, Story telling Workshops - Manuel Teixeira Gomes Municipal Library - To enroll, call 282 480 470

## SAGRES

APRIL 23

'Class Act' will be playing live - Swing, Romantic Ballads, Latin and Jazz - Vila Velha Restaurant - Fine dining and fine music - T. 282 624 788 or 917 128 402



## PORTO

## DAILY

**Casa da Música:** guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before the visit - Price: € 2; Free for children under 12 - 220120214 - Av. da Boavista, 604-610 [www.casadamusica.com](http://www.casadamusica.com)

## DAILY

**Serralves Foundation:** Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 - [www.serralves.pt](http://www.serralves.pt)

## CASCAIS

## DAILY

**Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214848900

## DAILY

**Sea Museum - Rei D. Carlos** - Rua Júlio Pereira da Mello in Cascais - 214825400

## ESTORIL

**Casino Estoril** - Shows, games, concerts, lots of entertainment and Art Gallery - Info. [estoril@estoril-sol.com](mailto:estoril@estoril-sol.com) 214667700 - 214825400

## LISBON

## DAILY

**Influxcontemporary** is a new space dedicated to African Contemporary Art - Open From Wednesday to Saturday from 14h00 to 19h00 - *Influxcontemporary* is situated on Rua Fernando Vaz, 20B - T. 918 501 234 - [www.influxcontemporary.com](http://www.influxcontemporary.com)

MAY 24 TO JUNE 15

**78th Lisbon Book Fair** - Parque Eduardo VII - 132 participants with 203 pavilions being 11 dedicated to children's books - Opening times:

## SOUTH

UNTIL APRIL 30

**'The Naked Ape and Friends' Art Exhibition at S. Brás Museum** - The five artists taking part in this heavily sculpture-orientated exhibition explores all the human's and animal's elements and relationships - T. 289 840 100 - [amigos-museu-sbras.org](http://amigos-museu-sbras.org)

## TAVIRA

EVERY 4TH SUNDAY

**Car Boot Sale of the month from 10h00 to 15h00** - Same day as Stª Catarina market (Inside if wet) - Quinta Fonte do Bispo on EN270 - T. 281 971 484 - fax: 281 971 714

## NORTH

UNTIL MAY 3

**Exhibition 'Raoul de Keyser: Aguarelas'** - Serralves Museum - 22h00 to 24h00 - T. 808 200 543

UNTIL MAY 17

**Exhibition 'Bethan Huws: Fountain'** - Serralves Museum from 22h00 to 24h00 - T. 808 200 543

## GUIMARÃES

UNTIL APRIL 11

**Exhibition MVC+V at Palácio Flor** - Centro Cultural Vila Flor on Avenida D. Afonso Henriques, 701 - T. 253424700

APRIL 29 TO MAY 2

**'A Febre' by Wallace Shawn on stage by João Reis** - Centro Cultural Vila Flor on Avenida D. Afonso Henriques, 701 - T. 253 424 700

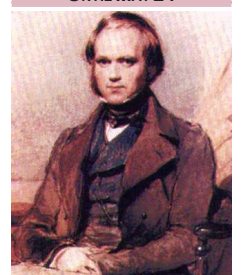
## CENTRE

Monday to Friday at 16h00; Saturdays, Sundays and Holidays at 15h00; June 1 (World Children's Day), at 10h00. Closing Times: Sundays to Thursdays at 23h00; Fridays, Saturdays and days before holidays and last day of the fair at 24h00 - [www.feiradolivrodelsisboa.pt](http://www.feiradolivrodelsisboa.pt)



UNTIL MAY 24

**Exhibition 'Darwin's Evolution'** - The exhibition incorporates elements of Darwin, an exhibition organized by the American Museum of Natural History, New York - Av. de Berna 45-A T. 217823523 - F. 217823019 E. [darwin@gulbenkian.pt](mailto:darwin@gulbenkian.pt) Weblog: <http://a-evolucao-de-darwin.weblog.com.pt>



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to [copy@the-news.net](mailto:copy@the-news.net) by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt); [www.ticketline.pt](http://www.ticketline.pt) | Phone numbers: Ticketline 707 234 324

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Take on the Takeaway. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 FILM: Antz (1998). Animated comedy, with the voice of Woody Allen. (T) 2.20 FILM: Father of the Bride (1991). Comedy, starring Steve Martin. (T) 4.00 BBC News; Regional News; Weather. (T) 4.20 Final Score. (T)

5.10 FILM: Finding Nemo (2003). Animated adventure, with the voices of Albert Brooks and Ellen DeGeneres. (T)

**6.45 Doctor Who.** When a London bus takes a detour to an alien world, the Doctor has to join forces with the extraordinary Lady Christina de Souza. But the mysterious planet holds terrifying secrets hidden in the sand - and time is running out as the deadly Swarm gets closer. David Tennant stars in the first of four special episodes leading up to his departure from the role at Christmas. With Michelle Ryan and Lee Evans. (T)

7.45 **Hood.** The Sheriff learns the Abbot is guilty of a heretical act and blackmails him into helping bring down Robin Hood. The outlaws arrive in Locksley to hear the religious dignitary demanding the villagers turn Robin in, and Tuck's life is put at risk after refusing to betray the hero. Jonas Armstrong and David Hayman star. (T)

8.30 **The National Tott.** 1 vs 100. Ben Shepherd hosts the quiz in which one contestant takes on 100 opponents in an attempt to win a big-money prize. Includes the Lotto, Dream Number and Thunderball draws. (T)

9.20 **Casualty.** Despite being in shock after finally receiving a diagnosis of his illness, Jordan fights to maintain his grip on the department. Ruth asks Jay to be her date at a child's dinner, while trouble with Shanie's grandmother highlights Zoe's problems as a working mum - not least to the girl's grandmother. (T)

10.10 **BBC News; Weather.** (T) National Lottery Update. (T)

10.30 **Match of the Day.** Highlights of today's Premier League clashes, including Sunderland v Manchester United and Liverpool v Blackburn Rovers. The matches at the Stadium of Light and Anfield were expected to have a major bearing on the destination of the title, but several sides near the foot of the table also faced huge tests, as Stoke City entertained Newcastle United, Middlesbrough welcomed Hull City and Portsmouth hosted West Bromwich Albion. (T)

11.50 **FILM: The Hard Way** (1991). Comedy thriller, starring Michael J Fox and James Woods; (T) Weatherview. (T)

1.40 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Funky Fables. (R) (T) 7.15 Elliot Kid. (R) (T) 7.25 Three Delivery. (R) (T) 7.50 Wolverine and the X-Men. (R) (T) 8.15 Sportsround. (R) (T) 8.30 What's New Scooby-Doo? (R) (T) 8.50 Frankenstein's Cat. (R) (T) 9.00 Who Wants to Be a Superhero? (R) (T) Bernard. (R) (T) 10.00 Dani's House. (R) (T) 10.30 Dani's House. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Young Dracula. (R) (T) 12.00 BBC Switch: Kyle XY. (R) (T) 12.45 BBC Switch: Superagents. (T) 1.15 BBC Switch: Sound. (T) 1.45 BBC Switch: Revealed. (R) (T) 2.00 Coast. (R) (T) 2.10 The Sky at Night. (R) (T) 2.30 FILM 2009 with Jonathan Ross. (R) (T) 3.00 FILM: Raise the Titanic! (1980). Adventure, starring Jason Robards. (T) 4.50 National World. (R) (T) 6.40 Planet Earth. (R) (T) 7.40 Private Life of an Easter Masterpiece: The Taking of Christ. The story of Caravaggio's painting The Taking of Christ and its discovery in 1980 in Dublin after its whereabouts had remained unknown for about 200 years. Narrated by Sam West. (T) 8.30 Live Golf: The Masters. Gary Lineker introduces coverage of the third day's play at the Augusta National in Georgia, as the world's elite continue to battle it out in the first major of the year. (T) 12.00 FILM: Hell in the Pacific (1988). World War Two drama, starring Lee Marvin and Toshio Mifune. (T) 1.40 Mad Men. (R) (T) 2.25 FILM: Spring, Summer, Autumn, Winter - and Spring (2003). Premiere. Korean drama, directed by and starring Kim Ki-Duk. 4.05 Close.

## Pick of the Day

### Doctor Who (BBC1, 6.45pm)

There are all too few TV events these days, but the broadcast of a new Doctor Who adventure can certainly be described as one. Fans across the nation spend the time between series trawling the internet for any scrap of information about new episodes, and that's certainly been the case in recent months. What makes the latest run all the more intriguing is that it's going to consist of just four feature-length editions, culminating in David Tennant's regeneration into Matt Smith sometime in early 2010. In this adventure, entitled Planet of the Dead, Tennant is joined by guest stars Michelle Ryan and Lee Evans. So, let's get down to the nitty gritty. We know what you really want to know - and that's what the adventure is all about. Little has been released so far, but the gallivanting Gallifreyan bumps into his latest sidekicks following an unusual London bus tour. Instead of taking in the sights of our capital, it journeys to an alien desert planet which hides terrifying secrets in its sand. Unfortunately there's even more trouble brewing thanks to the deadly Swarm, which is drawing ever closer. Can the Doctor and his new friends prevent a cataclysmic disaster?

## C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.05 World Sport. 7.30 British F3 International Series. 8.00 The Morning Line. (T) 8.55 T4: One Tree Hill. (T) 9.50 T4: Friends. (R) (T) 10.20 T4: Friends. (R) (T) 10.55 T4: Alesha Dixon's Top 20 Bootyshakers. (T) 11.55 T4: Shipwrecked 2009: Battle of the Islands. (R) (T) 1.00 T4: Scrubs. (R) (T) 1.30 T4: Scrubs. (R) (T) 2.00 Channel 4 Racing from Kempton Park, Haydock Park and Carlisle. Including the 3.10 oddschecker.com Easter Stakes (1m). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 Henry VIII: Mind of a Tyrant. Examining the private life of the Tudor king. (R) (T) 8.00 What Sank the Mary Rose? A team of experts from the fields of shipbuilding, science, history and archaeology examines possible reasons for the sinking of the ship in 1545 during an attempted French invasion. (R) (T) 9.00 FILM: Little Miss Sunshine (2006). Premiere. A family of misfits makes a disastrous trip across America so its seven-year-old daughter can compete in a beauty pageant. Comedy drama, with Coli Conette and Greg Kinnear. (T) 11.00 FILM: Persepolis (2007). Premiere. Animated drama, with the voice of Chiara Mastroianni. 12.50 FILM: The Machinist (2004). Premiere. Thriller, starring Christian Bale. 2.40 The Real King Herod. (R) (T) 3.40 The Middle Ages. (R) (T) 4.10 Time Team. (R) (T) 5.00 Countdown. (R) (T) 5.45 Making It. (R) 5.50 The Hoobs. (R) (T)

## FIVE

6.00 Sunrise. 7.00 Milkshake!: Mio Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.10 Franklin. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.05 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.20 Animal Families. (R) (T) 8.35 Harry and His Bucketful of Dinosaurs. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 The Mr Men Show. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 The Milkshake! Show. (R) (T) 10.00 The Grid. (R) (T) 10.30 World's Strongest Man: 30 Years of Pain. (R) (T) 11.30 Mean Machines. (R) (T) 12.00 The Gadget Show. (R) (T) 1.00 Extreme Fishing with Robson Green. (R) (T) 2.00 Oli Riggers. (R) (T) 3.00 FILM: 55 Days at Peking (1963). Historical drama, starring Charlton Heston. (T) 5.50 Five News and Sport. (T) 6.00 FILM: Random Hearts (1999). Two strangers meet when their spouses are killed in a plane crash, but the tragedy brings some secrets to light. Romantic drama, with Harrison Ford and Kristin Scott Thomas. (T) 8.10 NCIS. A missing Marine's body is discovered in a frozen lake - and when the team searches the water for clues, the bodies of three bullet-riddled gang members are found. (R) (T) 9.10 NCIS. The team re-examines the evidence against a Pentagon cryptographer suspected of spying, after she appears to commit suicide, but is discovered not to have been alone when she died. (R) (T) 10.10 CSI: NY. (T) 11.10 Law & Order. (T) 12.10 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Supernormal. (T) 9.55 Tricky Quikies. (R) (T) 10.00 FILM: The Adventures of Brer Rabbit (2006). Premiere. Children's musical animation, with the voice of Nick Cannon. (T) 11.20 ITV News and Weather. (T) 11.25 FILM: Home Alone 4 (2002). Comedy sequel, starring Mike Weinberg. (T) 1.05 The World's Got Talent. (R) (T) 2.05 Midsomer Murders. (R) (T) 3.35 FILM: From Russia with Love (1963). Spy adventure, starring Sean Connery. (T)

5.45 London Tonight; Weather. (T)

6.00 ITV News and Weather. (T)

6.15 **Primeval.** Disaster looms when dictodons, cute but dangerous burrowing creatures from the Permian era, threaten to chew through the power supply of a busy London hospital. Elsewhere, the ARC is attacked by an army of cleaner replicas from the future led by Helen, and Cutter faces his ultimate battle when confronted by his own clone. With Douglas Henshall and Hannah Spearritt. (T)

7.15 **New You've Been Framed!** Harry Hill narrates another selection of camcorder calamities and viewers' mobile phone footage, including fearful cats and dogs, a hair-raising experience and beach blunders. Last in the series. (T) Britain's Got Talent. New series. Ant and Dec host the third season of the talent show looking for the nation's brightest new star, beginning with the auditions. Simon Cowell, Piers Morgan and Amanda Holden again make up the judging panel, as hundreds of hopefuls compete to win the prize of £100,000 and the chance to entertain the Queen at this year's Royal Variety Performance. (T)

9.15 **The Colour of Money.** Game show in which contestants try to 'withdraw' life-changing sums of money from up to 10 of 20 cash machines, each of which contains a different amount ranging from £1,000 to £20,000. Presented by Chris Tarrant and Millie Clode. (T)

10.15 **ITV News and Weather.** (T) 10.30 **FILM: Cliffhanger** (1993). A retired mountain rescuer is drawn into a battle of wits with a psychotic criminal searching for a lost fortune in the Rockies. Thriller, with Sylvester Stallone and John Lithgow. (T)

12.30 **Six Degrees;** (R) (T) ITV News Headlines. 1.20 **FILM: Red Skies** (2002). Crime thriller, starring Vivian Wu. (T) 2.45 **Nightwatch** with Steve Scott: Emergency. (R) (T) 3.40 **ITV Nightscreen.**

Visit the paper online  
www.the-news.net

## LOCAL

**RTP1**  
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal sem Fronteiras 1300 News 1400 TBA 1715 TBA 1900 Football 2010 News 2200 Voz do Cidadão 2215 Duelo Final 2315 Domingo Desportivo 0115 Mad Max, film 0300 Teleseas

**RTP2**  
0700 Euronews 0800 África 7 Dias 0830 News 0900 Children TV 1230 Romeo & Juliet, film 1400 National Geographic 1500 Sports 1900 Desafio Verde 1945 The Class, series 2045 Sobrevivência 2145 Hora da Sorte 2200 News 2240 Ben-Hur, film 0240 55 Dias em Pequim, film 0430 Euronews

**SIC**  
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1000 Star Wars: Clone Wars, series 1030 Programa da Lucy 1200 Planet Earth 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Não Há Crise 2245 Guinness, O Mundo dos Recordes 2345 Toma Lá Dá Cá 0030 Film 0230 Todos em Linha

**TVI**  
0700 Children TV 0930 Smackdown, wrestling 1030 Campeões e Detectives 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2130 Flor do Mar 2230 Feitico do Amor 2300 Olhos nos Olhos 0015 American Pie: The Wedding, film 0215 Sempre a Somar 0400 The Office, series 0430 The Unit, series 0530 Teleseas

## Best of the Rest

**BBC3**  
7.00 Snog, Marry, Avoid? 7.30 Top Gear 8.30 Doctor Who Confidential: Desert Storm 9.20 Live at the Apollo 10.10 Film: Meet the Fockers 12 (2004) 12.00 Family Guy 12.25 Family Guy 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Snog, Marry, Avoid? 1.45 Young Mums' Mansion: The Dads Arrive 2.45 Freaky Eaters 3.40 Two Pints of Lager and a Packet of Crisps 4.10 Doctor Who Confidential: Desert Storm 5.00 Close

**BBC4**  
7.00 Jackie Stewart: The Flying Scot 8.30 Jazz Goes to College: Stan Getz Quartet 9.20 1959: The Year That Changed Jazz 10.20 Film: West End Jungle 15 (1961) 11.15 Smokey Dives 12.15 1959: The Year That Changed Jazz 1.15 Jackie Stewart: The Flying Scot 2.45 Smokey Dives 3.45 Close

**ITV2**  
2.30 Britain's Got More Talent 3.30 Britain's Got More Talent 4.30 Britain's Got More Talent 5.30 Britain's Got Talent: The Final Results 7.45 Holiday Homes from Hell 8.45 The Planet's Funniest Animals 9.15 Britain's Got More Talent 10.15 The Justin Lee Collins Show 11.15 Britain's Got Talent 12.45 Britain's Got More Talent 1.45 Celebrity Juice 2.15 American Princess 3.05 Breaking Up with Shannen Doherty 3.30 Teleshopping

**Sky1**  
1.00 Bite Size Brainiac 1.15 Gladiators GZone 1.25 Film: Merlin: The Return PG (2000) 3.10 Film: The Librarian: Quest for the Spear

12 (2004) 5.00 The Simpsons 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 Futurama 7.30 Futurama 8.00 Road Wars 9.00 Bones 10.00 Cold Case 11.00 24 12.00 Road Wars 1.00 Road Wars 1.50 Street Wars 2.40 The Villa 3.30 Caribbean Uncovered 4.20 Caribbean Uncovered 5.10 Project Runway

**G.O.L.D**  
1.30 Wallace & Gromit: A Grand Day Out 2.05 Wallace & Gromit: The Wrong Trousers 2.45 Wallace & Gromit: A Close Shave 3.25 Only Fools and Horses 5.25 Only Fools and Horses 6.45 Only Fools and Horses 8.00 Film: Cool Runnings PG (1993) 10.00 The Vicar of Dibley 10.55 French and Saunders 11.50 Stepstone and Son 12.30 Stepstone and Son 1.10 Stepstone and Son 1.55 Close Up 2.10 Charlie's Angels 3.00 Close

**TCM**  
1.05 The Singing Nun U (1966) 3.00 Gypsy PG (1962) 5.45 A Night at the Opera U (1935) 7.20 Elvis on Tour PG (1972) 9.00 Batman Forever PG (1995) 11.20 The First Deadly Sin 15 (1980) 1.30 O Lucky Man! 15 (1973) 4.25 Classic Shorts 2008 5.00 The Shoes of the Fisherman U (1968)

**The Disney Channel**  
Kids' programmes from 7am, except 4.00 Film: Read It and Weep U (2006) Family comedy, starring Kay Panabaker. 8.00 Film: Little School Musical U (2006) Teenage comedy drama, starring Zac Efron and Vanessa Hudgens.

### Sky Movies Drama

7.00 A Father's Son PG (1999) 8.45 What Dreams May Come 15 (1998) 10.45 The Trench 15 (1999) 12.30 Agnes of God 15 (1985) With Jane Fonda. 2.15 Bobby 15 (2006) With Laurence Fishburne. 4.15 Rocky Balboa 12 (2006) With Sylvester Stallone. 6.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 8.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 10.00 Saturday Night Fever 15 (1977) With John Travolta. 12.00 Scarface 18 (1983) With Al Pacino. 3.00 Gridlock'd 18 (1997) With Tupac Shakur. 4.45 Miracle on the 17th Green U (1999)

### Sky Movies Comedy

6.55 35MM 7.25 Harry and the Hendersons PG (1987) 9.25 Mannequin PG (1987) 11.00 What About Bob? PG (1991) With Bill Murray. 12.45 The Top 10 Show 1.00 Superbad 15 (2007) With Jonah Hill. 3.00 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 4.40 Mannequin PG (1987) With Andrew McCarthy. 6.15

Housesitter PG (1991) With Steve Martin. 8.00 Superbad 15 (2007) With Jonah Hill. 10.00 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 11.45 Spy Hard PG (1996) With Leslie Nielsen. 1.10 What About Bob? PG (1991) With Bill Murray. 2.55 Housesitter PG (1991) With Steve Martin. 4.40 Harry and the Hendersons PG (1987)

### Sky Movies Action/Thriller

6.10 Mr Nice Guy 15 (1997) 7.55 The Librarian: Return to King Solomon's Mines PG (2006) 9.40 Kindergarten Cop 15 (1990) 11.35 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 1.45 Shooter 15 (2007) With Mark Wahlberg. 3.55 Kindergarten Cop 15 (1990) With Arnold Schwarzenegger. 5.50 Shooter 15 (2007) With Mark Wahlberg. 8.00 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 10.10 End of Days 18 (1999) With Arnold Schwarzenegger. 12.20 Striking Distance 15 (1993) With Bruce Willis. 2.15 Warrior King 18 (2005) With Tony Jaa. 4.20 The Librarian: Return to King Solomon's Mines PG (2006)

### Sky Sports 1

6.00 Aerobics Oz Style 6.30 Big League Weekend 1 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Live Football Special. Liverpool v Blackburn Rovers (Kick-off 12.45pm). 3.00 Soccer Saturday 5.25 Champions League Weekly 5.55 Live European Rugby Union. Leicester Tigers v Bath (Kick-off 6.00pm). 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Spanish Football 5.45 Sky Sports Classics

### Sky Sports 2

6.00 World Sport 6.30 Live Rugby Union. Highlanders v Reds (Kick-off 6.30am). 8.30 Live Rugby Union. Brumbies v Stormers (Kick-off 8.35am). 10.30 Live Rugby Union. Waratahs v Bulls (Kick-off 10.40am). 12.30 Live European Rugby Union. Worcester Warriors v Brive (Kick-off 1.00pm). 3.00 Live European Rugby Union. Cardiff Blues v Toulouse (Kick-off 3.30pm). 6.00 Sports Unlimited 7.00 Live Spanish Football. Barcelona v Villarreal v Malaga (Kick-off 9.00pm). 11.00A1 Grand Prix 12.30 Champions League Weekly 1.00 Spanish Football 2.30 A1 Grand Prix 4.00 Max Power 5.00 Sports Unlimited

### Sky Sports 3

6.00 Sports Unlimited 7.00 Tight Lines 8.00 Super League 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Max Power 2.00 Live A1 Grand Prix. The Algarve Grand Prix qualifying session. 3.30 Max Power 4.30 High Five 5.00 WWE: Smackdown 7.00 WWE:

Bottom Line 8.00 Live Greyhound Racing. The Scottish Derby meeting. 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Extreme Championship Wrestling 3.00 The Super 14 Show 5.00 Race World

### British Eurosport

7.30 Eurogoals Weekend 8.00 UEFA Cup Football 9.00 UEFA Cup Football 10.00 UEFA Cup Football 11.00 Live Weightlifting. The European Weightlifting Championships. 1.00 UEFA Cup Football 2.00 Live Weightlifting. The European Weightlifting Championships. 4.00 MotoGP 5.30 World Superbikes 7.00 Trial Bikes 8.00 Live Curling. The World Men's Curling Championship semi-finals. 11.00 Figure Skating 1.00 Close

### Sky Sports Xtra

6.00 Race World 7.00 British Ice Hockey 9.30 How The Women's World Cup Was Won 11.30 Racing News 12.00 Race World 1.00 British Ice Hockey 3.30 Sports Unlimited 4.30 NFL: Total Access 5.30 A1 Grand Prix 7.00 Max Power 8.00 Champions League Weekly 8.30 The Super 14 Show 10.30 Ocean Race 11.00 NFL: Total Access 12.00 World Sport 12.30 Max Power 1.30 Race World 2.30 Sports Unlimited 3.30 Champions League Weekly 4.00 High Five 4.30 Polo 5.30 Champions League Weekly

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## BBC1

6.00 Breakfast. (T) 8.35 Match of the Day. (R) (T) 10.00 This Joyful Easterday. (T) 11.00 Urbi et Orbi. (T) 11.40 Young John Paul II - Witness to Evil. (T) 12.40 BBC News; Weather. (T) 12.50 FILM: Camp Rock (2008). Premiere. Musical, starring Demi Lovato. (T) 2.20 EastEnders. (T) 4.15 Cash in the Attic. (R) (T) 4.45 Wallace & Gromit: A Grand Day Out. (R) (T)

5.10 My Family. Ben suspects Susan of having an affair. (R) (T)  
5.40 Points of View. With Jeremy Vine. (T)  
5.55 Songs of Praise. Part one of two. Aled Jones presents from Town Hall, Birmingham. (T)  
6.35 BBC News; Regional News; Weather. (T)  
7.00 Countryfile. Julia Bradbury and Matt Baker explore the landscape of the North York Moors, and John Craven talks to an expert about free-range hens. Including Weather for the Week Ahead. (T)

8.00 Antiques Roadshow. Fiona Bruce and the team look back at the current series, choosing their favourite moments and providing updates on items of high value from the last six months. Last in the series. (T)

9.00 The No.1 Ladies' Detective Agency. The ladies are incensed to find that Cephas Buthezi has set up a rival detective agency and decide to poach one of his clients, while Mma Ramotswa wrestles with matters of the heart. (T)

10.00 BBC News; Weather. (T)  
10.15 Match of the Day 2. Adrian Chiles reviews the day's Premier League action, featuring Aston Villa v Everton at Villa Park and Manchester City v Fulham at the City of Manchester Stadium. Both Villa and Everton have tasted success against each other this season, with Villa winning in the league at Goodison Park and the Toffees gaining a modicum of revenge with victory in the sides' FA Cup fifth-round meeting. The Cottagers have struggled on their travels this season, but their last visit to Eastlands resulted in a 3-2 win that went a long way to helping them avoid relegation. (T)

11.05 Damages. Patty becomes convinced Pete's death was part of a government conspiracy trying to prevent her lawsuit and warns her staff to be vigilant. Ellen is disappointed by the investigation's progress when Tom's sister reveals a disturbing lack of paperwork for the case. Glenn Close stars. (T)

11.45 FILM: Bounce (2000). Romantic drama, starring Ben Affleck and Gwyneth Paltrow. (T) Weatherwise. (T)

1.30 Sign Zone: The Planners Are Coming. (R) (T) 2.00 Sign Zone: Holby City. (R) (T) 3.00 Sign Zone: All the Small Things. (R) (T) 4.00 BBC News. (T)

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: ChuckleVision. (R) (T) 7.15 ChuckleVision. (R) (T) 7.25 Three Delivery. (R) (T) Bernard. (R) (T) 8.00 The Legend of Dick & Dom. (R) (T) 8.30 MI High. A mysterious foe drains the nation's energy. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Great British Menu. The judges choose between Scots Tom Kitchen and Alan Murchison. (R) (T) 12.00 Animal Park. (R) (T) 1.00 MotoGP Preview. (T) 1.30 FILM: Track of the Cat (1954). Western, starring Robert Mitchum. (T) 3.10 FILM: Big Jake (1971). Western, starring John Wayne. (T) 5.00 Orangutan Diary. The staff prepare to release 25 apes into the wild. (R) (T) 5.55 10 Things You Didn't Know About Earthquakes. (R) (T) 6.55 Live Golf: The Masters. Gary Lineker presents coverage of the final round at the Augusta National in Georgia, as the first Major of the year reaches its conclusion. Subsequent programmes subject to change. (T) 12.00 Yes We Can! The Lost Art of Oratory. Alan Yentob reviews the history of public speaking. (R) (T) 1.10 Heroes. Noah convinces the Hunter to release Tracy. (R) (T) 1.55 FILM: Man About Dog (2004). Comedy, starring Allen Leech. (T) 2.30 BBC News. (T) 4.00 The Super League Show. Including highlights of Hull FC v Hull Kingston Rovers. (T) 4.50 Close.

## Pick of the Day

## The Abba Years (five, 9pm)

It's 35 years since Abba won the Eurovision Song Contest with Waterloo, and 27 since they effectively split up, but we've never lost our fascination with Sweden's most melodic export. Okay, for a while some fans felt they had to keep their passion for Benny, Frida, Björn and Agnetha under wraps, as the band were written off as terminally naff, but now it seems that everyone except the most joyless music snob has finally caved in and admitted that the group made some terrific pop records. So, dig out your crocheted hats, skin-tight jumpsuits and platform boots without fear of ridicule, as Five devote an entire evening to the group. The night kicks off with this documentary, which charts their remarkable career. Featuring interviews and concert footage, it explores the music and the relationships between the two couples at the heart of Abba's success. It's followed by Mamma Mia! Where Did It All Go Right? which tells the story behind the hugely successful film, revealing that some studio executives were apparently unconvinced that audiences would pay to see Meryl Streep in dungarees doing the splits to Dancing Queen. Then, the group themselves show Pierce Brosnan how it's really done in Abba: The Movie.

## C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 The Highlander Challenge World Championship. (R) (T) 7.55 Adrenalin Rush. (R) (T) 8.25 Freesports on 4. (R) (T) 8.50 T4: T4 on the Beach 2008: Buried Treasures. (R) (T) 9.50 T4: Holyoaks. (T) 12.20 T4: Shipwrecked 2009: Battle of the Islands. (T) 1.25 T4: Friends. (R) (T) 2.00 T4: The Big Bang Theory. (R) (T) 2.30 T4: Friends. (R) (T) 3.00 T4: Smallville. (T) 4.00 T4: The Simpsons. (R) (T) 4.30 T4: The Simpsons. (R) (T) 5.00 Deal or No Deal. (T) 5.45 FILM: Grease (1978). Musical, starring John Travolta. (T) 7.45 Channel 4 News. (T) 8.00 Come Dine with Me. Four strangers from Blackpool compete to host the perfect dinner party. (T) 9.00 The Secret Millionaire. Recruitment tycoon Jonathan Hick goes undercover in Hendon, Sunderland, once home to a community of shipyard workers, and must live off the equivalent of the job seeker's allowance. (T) 10.00 Chris Moyles' Quiz Night. Singer Gary Barlow, comedian Stephen Fry and presenter Denise Van Outen join the Radio 1 DJ on the entertainment show, each competing for a prize donated by the broadcaster himself. (T) 10.50 FILM: Blow (2001). Fact-based crime drama, starring Johnny Depp. (T) 1.10 FILM: Last Days (2004). Premiere. Drama, starring Michael Pitt. 3.00 The Real Jesus Christ. The history of a now-defunct branch of early Christianity. (R) (T) 5.35 Time Team. Exploring Scotland's Wemyss Caves. (R) (T) 4.50 Countdown. (R) (T) 5.35 Inuk. Animated adventure. (R) (T)

## FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Peppa Pig. (R) (T) 6.30 Pocoyo. (R) (T) 6.40 Angels of Jamm. (R) (T) 6.45 Little Princess. (R) (T) 7.00 Mio Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.15 Franklin. (R) (T) 7.40 Milkshake! Music Box. (R) (T) 7.45 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.05 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.20 Animal Families. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.05 The Mr Men Show. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 The Milkshake! Show. (R) (T) 10.00 Everybody Hates Chris. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Build a New Life in the Country - Was It Worth It? (R) (T) 12.00 Rough Guide To. (R) (T) 12.20 FILM: Santa Fe (1951). Western, starring Randolph Scott. (T) 2.00 FILM: Joe Versus the Volcano (1990). Comedy, starring Tom Hanks and Meg Ryan. (T) 3.50 FILM: Atomic Train (1999). Action thriller, starring Rob Lowe. (T) 6.30 Five News. (T) 6.35 FILM: Lost in Space (1998). A scientist and his family are stranded in a remote sector of the galaxy with a cunning villain and a helpful robot. Sci-fi adventure, starring Matt LeBlanc and Gary Oldman. (T) 9.00 The Abba Years. The success of the Swedish supergroup, exploring the flamboyant outfits, hit records, successful spin-offs, marriages and break-ups. Featuring interviews with the band members. (T) 10.00 Mamma Mia!: Where Did It All Go Right? Documentary about the success of musical Mamma Mia!, examining how the three women behind the film battled powerful individuals in Hollywood to make their dream a reality. (T) 11.05 FILM: Abba: The Movie (1977). Musical comedy, starring Robert Hughes. (T) 12.50 Great Ireland Run. 1.30 Winter X Games. 2.30 Boxing Classic. (R) 3.20 Boxing USA. 2.00 FIM Motocross. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Captain Mack. (T) 9.40 Horrid Henry. (T) 9.55 Finger Tips Mini Makes. (T) 10.00 The Championship. (T) 11.00 Coronation Street. (R) (T) 1.15 ITV News and Weather. (T) 1.20 Britain's Got Talent. (R) (T) 2.50 FILM: Groundhog Day (1993). Romantic comedy, starring Bill Murray and Andie MacDowell. (T) 4.45 London Tonight; Weather. (T)

5.05 ITV News and Weather. (T)  
5.20 FILM: Charlie and the Chocolate Factory (2005). Children's fantasy, starring Johnny Depp. (T) Coronation Street. Tempers fray as the Platts celebrate Easter, and amid the chaos David presents Tina with a surprise. After the jibes about his age, Kevin challenges Tyrone to a race to prove his fitness. Meanwhile, the Barlows attend the Easter service at church and a radio advert for one of Martha's theatre performances leaves Ken with a difficult decision to make. (T)

8.00 Lewis. The detective discovers his favourite Seventies band is on the verge of a comeback - along with their iconic singer, Esme Ford, who has made a shocking reappearance from beyond the grave, having faked her own death 35 years earlier. But when a young orphan is found dead on the other side of town, a forensic link leads Lewis and Hathaway to suspect the aged rockers are somehow involved. Joanna Lumley, David Hayman, Simon Callow and Helen Baxendale guest star. Last in the series. (T)

10.00 ITV News and Weather. (T)  
10.10 Al Murray's Multiple Personality Disorder. The PC PCs make a drugs bust. Peter Schwall meets his match and Pruriend Dad Peter Taylor carries out his duties as father of the bride. Last in the series. (T)

10.40 Messiah: The South Bank Show. Melvyn Bragg explores the enduring appeal of Handel's great oratorio by following the preparations of three Yorkshire choirs for performances to mark the 250th anniversary of the composer's death. In the process, he explores the traditions and ethos of the Huddersfield Choral Society, Keighley Vocal Union and the Leeds gay and lesbian choir the Sacred Wing, finding the work has significance, secular and religious, for widely different groups. (T)

11.40 Crossing Jordan. New series. A mysterious blackout blankets Boston, leaving Jordan and Bug trapped in a tunnel. Meanwhile, Woody is late for an important date. Hard-hitting crime drama, starring Jill Hennessy. (T)

12.35 The Big Tackle with Austin Healey. (R) (T) ITV News Headlines. 1.25 Nightwatch with Steve Scott: Action Stations. (R) (T) 2.20 The Cosby Mysteries. (R) (T) 3.10 ITV Nightscreen.

## LOCAL Best of the Rest

## RTP1

0630 Children TV 0800 Bom Dia Portugal 0915 Miss 1200 T2 para 3 "Remodelado" 1230 Contra Informação 1300 News 1345 Sô Vistol 1445 Top 1545 Forças Bear, film 1715 TBA 1930 Vila Faia 2000 News 2100 Conta-me como foi 2200 Luis de Matos: Mistérios 2300 Open Range, film 0130 Die Fetten Jahre Sind Vorbei, film 0400 Telesales 0600 Nô

## RTP2

0700 Euronews 0730 Africa@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nô 1045 Da Terra ao Mar 1115 Consóio 1145 Vida por Vida 1215 Palcos 1445 Voz do Cidadão 1500 Sports 1900 Planeta Selvagem 1930 Alma e a Gente 2000 National Geographic 2100 Sobrevivência 2200 News 2250 Camã Clara 2350 Britcom 0050 Onda Curta 0150 Sports 0530 Euronews

## SIC

0645 Sic Kids 0845 Disney Kids 1015 Power Rangers 1045 Tween Box 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 A1 GP 1630 Film 1815 Film 2000 News 2130 Atreve-se a Cantar 2330 Film 0230 Todos em Linha

## TVI

0700 Children's TV 0930 O Bando dos Quatro 1015 Hannah Montana 1100 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Equador 2215 Uma Canção Para Ti 0030 Casos da Vida 0230 Sempre A Somar 0400 The Unit, series 0500 Telesales 0630 Todos Iguais

## BBC3

7.00 Doctor Who 8.00 Doctor Who Confidential: Desert Storm 8.45 MotoGP 10.00 Film: Catch Me If You Can 12 (2002) 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Two Pints of Lager and a Packet of Crisps 1.45 Two Pints of Lager and a Packet of Crisps 2.15 Two Pints of Lager and a Packet of Crisps 2.45 Two Pints: Fags, Lads and Kebabs 3.45 Two Pints of Lager and a Packet of Crisps 4.15 Two Pints of Lager and a Packet of Crisps 4.45 Two Pints of Lager and a Packet of Crisps 5.15 Close

## BBC4

7.00 Cranford 8.00 Sacred Music Concert 9.30 Wainwright Walks: Coast to Coast 10.00 Natasha Richardson in Suddenly Last Summer 11.25 Newsweek with Charlie Brooker 11.55 The Car Show 12.55 Cranford 1.55 Sacred Music Concert 3.25 Newsweek with Charlie Brooker 3.55 Close

## ITV2

1.05 Girls Aloud: The Hot Desk 1.20 Gossip Girl 2.20 The Planet's Funniest Animals 2.50 Britain's Got More Talent 3.50 Jason Donovan: The Hot Desk 4.05 Coronation Street 6.30 Britain's Got Talent 8.00

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Primeval 9.00 Supernatural 10.00 Coronation Street 10.30 Piers Morgan's Life Stories 11.30 Celebrity Juice 12.00 Film: The Grudge 15 (2004) 1.55 Entourage 2.25 Teleshopping 5.25 ITV2 Nightscreen

## Sky1

1.00 Malcolm in the Middle 1.30 Malcolm in the Middle 2.00 Film: Big 12 (1988) 4.00 The Simpsons 4.30 The Simpsons 5.00 The Simpsons 5.30 Gladiators: Battle of the Athletes 6.30 The Simpsons 7.00 Skellig 9.05 Lost 10.05 Fringe 11.15 Operation Taliban: Paratrooper Elite 12.15 Night Cops 1.15 Road Wars 2.05 Road Wars 3.00 Street Wars 3.55 The Villa 4.50 Bite Size Brainiac 5.10 Guilty!

## G.O.L.D

1.35 Film: Carry On Follow That Camel PG (1966) 3.20 Film: Carry On Henry PG (1971) 5.00 Film: Cool Runnings PG (1993) 7.00 The Vicar of Dibley 7.55 The Vicar of Dibley 8.10 The Vicar of Dibley 10.25 Only Fools and Horses 12.10 Film: The Cable Guy 12 (1996) 2.10 Charlie's Angels 3.00 Close

## TCM

1.00 Easter Parade U (1948) 3.00 The Wizard of Oz PG (1939) 4.55 How the West Was Won PG (1962) 7.35 Murder at the Gallop U (1963) 9.00 Pretty in Pink 15 (1986) 10.50 Arthur 15 (1981) 12.40 Pretty in Pink 15 (1986) 2.25 The Swarm PG (1978) 5.00 Welcome to Hard Times PG (1967)

## The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Cow Belles U (2006) Disney drama, starring Alyson and Amanda Michalka. 8.00 Film: Jump In! U (2007) Drama, starring Corbin Bleu.

## MOVIES

## Sky Movies Drama

6.30 Sam Churchill: Search for a Homeless Man PG (1998) 8.15 The Valley of Light PG (2007) 10.00 Crossroads: A Story of Forgiveness PG (2007) 11.45 Because I Said So 12 (2007) With Diane Keaton. 1.30 PSI I Love You 12 (2007) With Hilary Swank. 3.45 The Namesake 12 (2006) With Kal Penn. 6.00 A Good Year 12 (2006) With Russell Crowe. 8.00 PS I Love You 10 (2007) With Hilary Swank. 10.10 Michael Clayton 15 (2007) With George Clooney. 12.10 Titus 18 (1999) With Anthony Hopkins. 3.00 The Astronaut's Wife 18 (1999) With Johnny Depp. 5.00 Deep Family Secrets PG (1997)

## Sky Movies Comedy

6.35 Carry On Columbus PG (1992) 8.10 Baby's Day Out PG (1994) 9.55 Bring It On: In It to Win It 12 (2007) 11.30 King Ralph PG (1991) With John Goodman. 1.15 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 3.00 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 4.40 Bring It On: In It to Win It 12 (2007) With Ashley Benson. 6.15 King Ralph PG (1991) With John Goodman. 8.00 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 9.40 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 11.25 Harlem Nights 18 (1989) With Eddie Murphy. 1.25 Carry On Columbus PG (1992) With Jim Dale.

3.00 Harlem Nights 18 (1989) With Eddie Murphy. 5.00 Baby's Day Out PG (1994)

## Sky Movies Action/Thriller

6.10 The Marine 15 (2006) 7.50 Fantastic Four: Rise of the Silver Surfer PG (2007) 9.35 Am Legend 15 (2007) 11.35 Zulu PG (1964) With Michael Caine. 1.55 Fantastic Four: Rise of the Silver Surfer PG (2007) With Ioan Gruffudd. 3.40 The Matrix 15 (1999) With Keanu Reeves. 6.00 300 15 (2006) With Gerard Butler. 8.00 Am Legend 15 (2007) With Will Smith. 10.00 Predator 18 (1987) With Arnold Schwarzenegger. 12.00 American Gangster 18 (2007) With Denzel Washington. 2.50 The Usual Suspects 18 (1995) With Gabriel Byrne. 4.50 Zulu PG (1964)

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## SPORT

## Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 9.30 The Sunday Supplement 11.00 Goals of the Week 12.45 Live European Rugby Union. Munster v Ospreys (Kick-off 1.00pm). 3.30 Live Super Sunday. Manchester City v Fulham (Kick-off 4.10pm). 6.30 Super Sunday: The Last Word 7.00 Spanish Football 8.00 Live Spanish Football. Deportivo La Coruña v Atletico Madrid (Kick-off 8.00pm). 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Spanish Football

## Sky Sports 2

6.00 World Sport 6.30 A1 Grand Prix 8.00 Spanish Football 9.30 High Five 10.00 World Sport 10.30 The Super 14 Show 12.30 Wild Spirits 1.00 The Sunday Supplement 2.30 Champions League Weekly 3.00 World Sport 3.30 Live European Rugby Union. Harlequins v Leicester (Kick-off 3.30pm). 6.00 High Five 6.30 A1 Grand Prix 8.30 European Rugby Special 11.30 A1 Grand Prix 1.30 European Rugby Special 4.30 Watersports World 5.30 Ocean Race

## Sky Sports 3

6.00 Watersports World 7.00 The Super 14 Show 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 Ocean Race 12.30 Max Power 1.30 Live A1 Grand Prix. The Algarve Grand Prix. 4.30 Ocean Race 5.00 WWE: Experience 6.00 Watersports World 7.00 Squash 9.00 WWE: Experience 10.00 WWE: Late Night

- Afterburn 11.00 WWE Vintage Collection 12.00 Squash 2.00 Watersports World 3.00 A1 Grand Prix 5.00 High Five 5.30 Wild Spirits

## British Eurosport

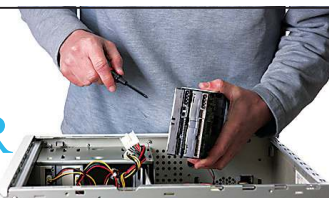
7.30 MotoGP 8.30 World Superbikes 9.30 MotoGP 11.00 Live Weightlifting. The European Weightlifting Championships. 1.00 Live Cycling. The 259.5km Paris-Roubaix race. 4.30 MotoGP 5.30 MotoGP 6.00 Live MotoGP. The Qatar Grand Prix 12.55cc race. 7.15 Live MotoGP. The Qatar Grand Prix 250cc race. 8.30 MotoGP 9.30 MotoGP Classics 10.00 MotoGP 11.15 Cycling 12.15 Cycling 12.45 Close

## Sky Sports Xtra

6.00 High Five 6.30 Wild Spirits 7.00 Squash 9.30 A1 Grand Prix 11.00 50 Greatest Pool Trickshots 1.00 Watersports World 2.00 Squash 4.00 Wild Spirits 4.30 High Five 5.00 Max Power 6.00 Netball 8.00 British Ice Hockey 10.30 High Five 11.00 Watersports World 12.00 Netball 2.00 British Ice Hockey 4.30 Bass Fishing 5.30 360 Series

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
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## BBC1

6.00 Breakfast. (T) 9.00 LifeGivers. (T) 9.45 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 10.45 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting. (T) BBC News: Weather. (T) 12.15 Cash in the Attic. (R) 1.00 BBC News: Weather. (T) 1.15 Regional News: Weather. (T) 1.20 FILM: High School Musical 2 (2007). Musical sequel, starring Zach Efron. (T) 3.05 FILM: Bedknobs and Broomsticks (1971). Disney musical fantasy, starring Angela Lansbury. (T)

5.00 Doctor Who. One-off Easter special. A London bus takes a detour to an alien world. (R) (T) BBC News: Weather. (T)

6.00 Regional News Programmes: Weather. (T)

6.30 In Search of England's Green and Pleasant Land. Unspoilt pieces of English countryside. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. Presented by Nicky Campbell, Paul Heiney and Anita Riani. (T)

8.00 EastEnders. Ronnie discovers the Mitchells have not been invited to Danielle's funeral. Later, she makes a discovery and comes to a drastic decision about her future. Dot gets into a fight with Liam over her mobile phone - but when Dot questions her, she denies owning one. Patrick tears up an apologetic note from Tommy, and Peter declares his love to Lauren after settling his differences with Max. (T)

8.30 Panorama. The closure of high street giant Woolworths in January left 27,000 people out of work. Since then, Panorama has been following former Woolies staff across the country as they try desperately to escape the ranks of the unemployed. Gerry Northam reports. (T)

FILM: King Arthur (2004). Premiere. A band of Roman soldiers arrives in Britain on a mission that marks the beginning of a legend. Historical adventure, starring Clive Owen, Keira Knightley and Ray Winstone. (T)

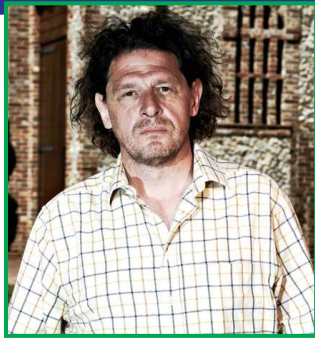
10.55 BBC News. (T)

11.00 Regional News: Weather. (T)

11.10 Inside Sport. Gabby Logan talks to snooker legend Jimmy White about his career on and off the green baize. Plus, Matthew Pinsent has a special report on this year's Indian Premier League from South Africa. John Parrott and Jonathan Agnew are the studio guests. (T)

11.40 FILM: Raising Helen (2004). Comedy drama, starring Kate Hudson; (T) Weatherview. (T)

1.35 Sign Zone: Antiques Roadshow. (R) (T) 2.35 Sign Zone: The Real Swiss Family Robinson. (R) (T) 3.35 Sign Zone: Building the Olympic Dream. (R) (T) 4.35 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Something Special. (R) (T) 7.20 Mister Maker. (R) (T) 7.40 Carrie and David's Poshop. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Frankenstein's Cat. (R) (T) 8.25 What's New Scooby-Doo? (R) (T) 8.45 The Secret Show. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) The Owl. (R) (T) 9.30 Best of Friends. (R) (T) 10.00 The Sorcerer's Apprentice. (T) 11.00 Dangermouse. (R) (T) 11.20 FILM: Blackbeard's Ghost (1967). Disney comedy, starring Peter Ustinov. (T) 1.00 MotoGP. (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 A Question of Genius. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Legends. The story of Motown's first British tour in 1965. (T) 8.00 Railway Walks. A journey through the Scottish Highlands. Last in the series. (T) 8.30 Nigella Express. Nigella Lawson prepares spicy scrambled eggs. (R) (T) 9.00 Heroes. Nathan and Claire are forced to hide out in Mexico. (T) 9.45 Hairi Bikers Short. A culinary trip along the Namibian coastline. (T) 10.00 Stewart Lee's Comedy Vehicle. The comedian focuses on religion. (T) 10.30 Almost Famous Again. (T) 11.25 The Wire. An undercover operation goes badly wrong. Continues tomorrow. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

## Pick of the Day

## Hell's Kitchen (ITV1 Granada, 9pm)

He's as sharp as a meat cleaver and just as cuddly. He can reduce grown men to a quivering bowl of jelly, and then find a way to improve its taste. He's Marco Pierre White, and he's about to teach another bunch of celebrities the art of cooking up a storm. Marco is back in the kitchen as a group of unsuspecting stars prepare to face a journey into hell as they attempt to feed a restaurant packed full of discerning diners each night. The contestants will leave their celebrity status firmly at the kitchen door as Marco puts them to the ultimate test. They will learn how to cook a menu of classic dishes inspired by food Marco likes to eat and will have to live up to his exacting standards. Claudia Winkleman will host the live show nightly from the Hell's Kitchen restaurant in East London. Marco, dubbed the godfather of British cuisine, will attempt to work his magic on the rookie chefs as they have just two weeks to learn how to dish up a feast fit for showbiz royalty. He will push them to their limits to achieve perfection and crank up the heat to ensure every diner is fed.

## C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Lost and Found. (R) (T) 10.00 T4 on the Beach 2008: Buried Treasures. (R) (T) 10.45 Friends. (R) (T) 11.10 FILM: Thunderpants (2002). Family comedy, starring Bruce Cook. (T) 12.50 FILM: Close Encounters of the Third Kind (1977). Sci-fi drama, starring Richard Dreyfuss. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Henry VIII's Lost Palaces: A Time Team Special. Tracking the building works of Henry VIII. (T) 9.00 Henry VIII: Mind of a Tyrant. Dr David Starkey examines the battles fought by the Tudor king during his early years in power, and his determination to emulate his father and become a major player in Europe. (T) 10.00 The Secret Millionaire. Recruitment tycoon Jonathan Hick goes undercover in Sunderland. (R) (T) 11.05 Chris Moyles' Quiz Night. (R) (T) 11.55 The Hospital. Examining the relationship between teenagers and the NHS. (R) (T) 12.55 Trophy Kids. (R) (T) 1.55 FILM: Cobb (1994). Baseball biopic, starring Tommy Lee Jones. (T) 4.00 The Tomb of Christ. Exploring whether a Jerusalem chapel is Jesus Christ's tomb. (R) (T) 4.55 Time Team. (R) (T) 5.45 Making It. (R) (T)

## FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Roobarb and Custard Too. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Chib. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.55 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.15 Michaela's Zoo Babies. (R) (T) 10.15 Monkey Life. (R) (T) 10.45 Monkey Life. (R) (T) 11.15 Extraordinary Animals. (R) (T) 11.45 World's Strongest Man. (R) (T) 12.45 Wordplay. (T) 1.35 Neighbours. (T) 2.05 Home and Away. (T) 2.40 Wordplay. Plus. (T) 2.50 FILM: Chisum (1970). Western, starring John Wayne. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 Five News at 7. (T) 7.30 Chris Barrie's Massive Speed. Chris explores the world of hot-rod racing. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Jason Bradbury and Oris Deley take part in a series of football-themed challenges, testing HD camcorders, crowd gaming software and a selection of expensive gadgets. (T) 8.00 Five News at 9. 9.00 Extreme Fishing with Robson Green. The actor visits Thailand. (T) 10.00 Extraordinary People: The World's Heaviest Man Gets Married. A morbidly obese Mexican prepares for his wedding. (R) (T) 11.05 FILM: Get Carter (1971). Thriller, starring Michael Caine. (T) 1.10 NBA 360. 2.00 AMA Supercross. 2.50 Arenacross. 3.40 MotoGP World. 4.05 FIFA Club World Cup. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 No Place Like Home? (R) (T) 11.30 60 Minutes Makeover. (R) (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Foyle's War. (R) (T) 4.00 A Touch of Frost. (R) (T)

5.00 Taste the Nation. Nick Hancock and Derek Brown draw balls to see which teams will face each other in the four quarter-finals this week, and the amateur cooks are put through a mid-way assessment. (T)

6.00 London Tonight: Weather. (T)

6.15 ITV Evening News: Weather. (T)

6.30 You've Been Framed! Featuring giddy grandmas and wedding nightmares. (R) (T)

7.00 Emmerdale. Nathan continues to lead Lee about where Katie's affections lie, going to a heated confrontation. Sam receives good news and the Dingles are worried by Zak's disappearance. (T)

7.30 Coronation Street. Ken makes a startling discovery at the canal and heads for the theatre to see Martha. A drunken Teresa returns to the Street and David rustles up a plan to exact revenge on Gary. (T)

8.00 Airline. A passenger in Belfast who has already missed two flights looks set to miss yet another when the pilot hears he has been drinking. An exploded bomb delays flights to Amsterdam. (R) (T)

8.30 Coronation Street. Ken tries to convince Martha of his feelings for her but their exchange does not go unnoticed. Teresa causes a scene at the kebab shop and Gary grows suspicious of David's goodwill. (T)

9.00 Hell's Kitchen. New series. Marco Pierre White invites another group of famous faces into his kitchen, taking up the challenge to turn the pampered celebrities into cooks capable of preparing and serving a menu of classic dishes that lives up to the head chef's exacting standards. Claudia Winkleman is the host, reporting on progress from the Hell's Kitchen restaurant in London, where every night the contestants will serve fellow celebrities, food critics and other discerning diners. Continues Wednesday. (T)

10.00 News at Ten and Weather: Weather. (T)

10.15 Al Murray's Multiple Personality Disorder. The PC PCs make a drugs bust, Horst Schwul meets his match and Prurient Dad Peter Taylor carries out his duties as father of the bride. Last in the series. (R) (T)

10.45 FILM: Jurassic Park III (2001). Sci-fi adventure sequel, starring Sam Neill. (T)

12.20 Champions League Weekly. (T) 12.50 Nightwatch with Steve Scott. Mystery. (R) (T) ITV News Headlines. 1.45 Loose Women. (R) 2.30 The Jeremy Kyle Show. (R) (T) 3.25 ITV Nightscreen.

## LOCAL

## RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chama da Vida 1600 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Luanda, A Fábrica da Música 2200 Duelo Final 2300 I Am Sam, film 0130 Saved, series 0215 Prova de Amor 0400 Teleseals 0605 Nós

## RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 O Meu Bairro 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Close to Home, series 2330 Bastiões 0030 Notícias da Dois 0200 Eurodeputados 0230 Euronews 0500 Sociedade Civil SIC

0600 Sic Notícias 0900 Ligo, Ganhou! 1000 Samurai Girls 1115 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2100 Mário Crespo Entrevista 2130 Tã tá a Gravar 2230 Caminho das Índias 2345 Pádua Acabar o Mundo 0045 Criminal Minds, series 0145 CSI Las Vegas, series 0230 Quando o Telefone Toca 0430 Círculo de Pedra

## TVI

0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Felício de Amor 2330 Olhos nos Olhos 0015 Dr. House, series 0130 The Black Donnellys, series 0245 Sempre a Somar 0430 The Unit, series 0530 Teleseals

## Best of the Rest

## BBC3

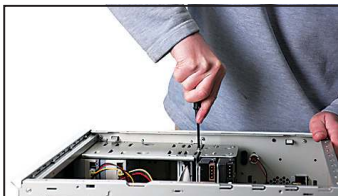
7.00 Doctor Who 7.45 Robin Hood 8.30 Film: Ice Princess U (2005) 10.05 EastEnders 10.30 Heroes 11.20 Family Guy 11.45 Family Guy 12.05 Home & Corden 12.35 Two Pints of Lager and a Packet of Crisps 1.05 Snog, Marry, Avoid? 1.35 Snog, Marry, Avoid? 2.05 Freaky Eaters 3.00 Home & Corden 3.30 Two Pints of Lager and a Packet of Crisps 4.00 Snog, Marry, Avoid? 4.30 Snog, Marry, Avoid? 5.00 Close

7.00 Timeshift: The North-South Divide 8.00 The Jetstream and Us 9.00 Rain 10.00 Spiral 10.50 Spiral 11.00 Film: 13 Tzmeti 15 (2005) 1.15 The Jetstream and Us 2.15 Rain 3.15 Timeshift: The North-South Divide 4.15 Close

## ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Loose Women 4.45 Vernon Kay: The Hot Desk 4.55 Film: Junior PG (1994) 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 Primeval 9.00 Film: 2 Fast 2 Furious 12 (2003) 11.10 Coronation Street 11.40 Coronation Street 12.10 Jack Osbourne: Celebrity Adrenaline Junkie 1.10 Sex, Love and Secrets 1.55 Teleshopping 4.55 ITV2 Nightscreen

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.



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<sup>(1)</sup> Screen not included. IVA not included

<sup>(2)</sup> Installation costs €40 per hour, but not available in every area.

## MOVIES

## Sky Movies Drama

6.45 Pride and Prejudice PG (2003) 8.45 The Capture of the Green River Killer 10.30 Titanic 12 (1997) 1.45 Dad PG (1989) With Jack Lemmon. 3.45 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 5.45 Titanic 12 (1997) With Leonardo DiCaprio. 9.00 Indecent Proposal 15 (1993) With Demi Moore. 11.00 Fracture 15 (2007) With Anthony Hopkins. 1.00 The American President 15 (1995) With Michael Douglas. 3.00 I Want You 18 (1998) With Rachel Weisz. 4.30 The End of Eden PG (1996)

## Sky Movies Comedy

6.40 Code Name: The Cleaner PG (2007) 8.15 The Boat that Rocked Special 8.45 Turner & Hooch PG (1989) 10.35 Deuce Bigalow: Male Gigolo 15 (1999) 12.05 Knocked Up 15 (2007) With Seth Rogen. 2.15 Turner & Hooch PG (1989) With Tom Hanks. 4.00 Runaway Bride PG (1999) With Julia Roberts. 6.00 Leatherheads PG (2008) With George Clooney. 8.00 Deuce Bigalow: Male Gigolo 15

(1999) With Rob Schneider. 9.30 Knocked Up 15 (2007) With Seth Rogen. 11.45 Leatherheads PG (2008) With George Clooney. 1.45 Dirty Rotten Scoundrels PG (1988) With Michael Caine. 3.45 Code Name: The Cleaner PG (2007) 5.20 Runaway Bride PG (1999)

## Sky Movies Action/Thriller

7.20 Airport '77 PG (1977) 9.25 Die Hard 18 (1988) 11.45 Die Hard 2 18 (1990) With Bruce Willis. 2.00 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 4.20 Die Hard 4.0 15 (2007) With Bruce Willis. 6.40 Die Hard 18 (1988) With Bruce Willis. 9.00 Die Hard 2 18 (1990) With Bruce Willis. 11.05 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 1.15 Die Hard 4.0 15 (2007) With Bruce Willis. 3.25 Predator 2 18 (1990) 5.15 Airport '77 PG (1977)



## SPORT

## Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Champions League Weekly 7.00 Good Morning Sports Fans 9.00 Live International Cricket. South Africa v Australia. Continues on Sky Sports 2. 12.00 Live Football League. Leicester City v Leeds United (Kick-off 12.15pm). 2.30 Soccer Special 5.15 Live Super League. Catalans Dragons v Wigan Warriors (Kick-off 5.20pm). 7.30 Live Football League. Millwall v Peterborough United (Kick-off 7.45pm). 10.15 Time of Our Lives 11.15 Soccer AM: The Best Bits 12.15 Champions League Weekly 12.45 Time of Our Lives 1.45 Soccer AM: The Best Bits 2.45 Sports Unlimited 3.45 Watersports World 4.45 Sky Sports Classics 5.00 Max Power

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE: Bottom Line 8.00 Spanish Football 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Live International Cricket. South Africa v Australia. 5.30 Cricket 2000 Soccer AM: The Best Bits 7.30 Wild Spirits 8.00 High Five 8.30 International Cricket 10.30 Poker 12.30 Super League 2.30 Poker 4.30 Soccer AM: The Best Bits 5.30 Champions League Weekly

## Sky Sports 3

6.00 Close 7.00 High Five 7.30 A1 Grand Prix 9.30 Live Masters Tennis. Day two of the Monte-Carlo Masters. 5.30 WWE: Raw 7.30 H20 Sports International 8.00 Masters Tennis. 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme

Championship Wrestling 1.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.00 Adrenaline Adventures 4.30 Wild Spirits 5.00 High Five 5.30 Adrenaline Adventures

## British Eurosport

7.30 Trial Bikes 8.30 MotoGP 9.30 Curling 11.30 Cycling 12.30 Cycling 1.00 Live Cycling. The Tour of Turkey. 3.00 Cycling 3.30 Cycling 4.30 Cycling 5.30 Eurogoals 6.15 Eurogoals: One to One 6.30 Strongest Man 7.30 Strongest Man 8.30 Arm Wrestling 9.00 Cycling 10.00 MotoGP 11.30 Eurogoals 12.15 Eurogoals: One to One 12.30 Close

## Sky Sports Xtra

6.00 Squash 8.00 Adrenaline Adventures 8.30 High Five 9.00 European Rugby Special 12.00 A1 Grand Prix 2.00 The Super 14 Show 4.00 European Rugby Special 7.00 Adrenaline Adventures 7.30 Max Power 8.30 Adrenaline Adventures 9.00 H20 Sports International 9.30 Wild Sports 10.00 High Five 10.30 H20 Sports International 11.00 Adrenaline Adventures 11.30 Wild Spirits 12.00 International Cricket 2.00 Masters Tennis 4.00 Super League

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THE PORTUGAL NEWS



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## BBC1

6.00 Breakfast. (T) 9.15 Lifegivers. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting. (T) BBC News: Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather: Regional News. (T) 3.05 CBeebies: Kerwhizz. (T) 3.25 CBBC: Arthur. (T) 3.40 Arthur. (T) 3.55 Uncle Max. (R) (T) 4.05 Richard Hammond's Blast Lab. (R) (T) 4.35 Blue Peter. (T) MyWish. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Back-stabbing general knowledge quiz. (T)  
6.00 BBC News: Weather. (T)  
6.30 Regional News Programmes: Weather. (T)  
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)  
7.30 EastEnders. Stacey is angry when Ronnie turns up at Danielle's funeral. Adi plans a romantic meal for her parents. Chelsea tells Theo to keep his distance and Dot finds Dot's phone; (T) BBC News: Regional News. (T)

8.00 Holly City. AnnaLee is suspected as part of the inquiry into Steve Hewitt's death and finds her whole world falling apart as she seeks advice from a solicitor. Eli demands Tom prove he is up to being a surgeon after dismissing his report as a tissue of lies and demanding he produce another, while Jac sees an opportunity for advancement when she assists Elliot in secretly operating on Samson the dog. (R)  
9.00 All the Small Things. There is excitement when the choir's newest two members, Sofija and Nemanja, decide to get married - but events turn sour when the couple fall out with old guard Gilbert and Ethel. However, while Sofija is anxious to do what they can to make up, Nemanja refuses to be bullied. Esther and Jake are thrown together by their work on the new church community space, and Kyle gets to know Grace better. (T)  
10.00 BBC News. (T)  
10.25 Regional News: Weather. (T)  
10.35 The Planners Are Coming. Head of enforcement Joe Henry is called in to investigate when a man claims his neighbour is building a suspiciously house-shaped hay barn on greenbelt land. Meanwhile, John Ayers meets an east London family that neglected to obtain planning permission before beginning work on a kitchen extension. Last in the series. (T)

11.05 Film 2009: A round-up of this year's summer blockbusters. Last in the series. (T)  
11.35 Damages. Patty becomes convinced Pete's death was part of a government conspiracy and warns her staff to be vigilant. Ellen is disappointed by the investigation's lack of progress. (R)  
(T)

12.15 FILM: Puppet on a Chain (1970). Action thriller, starring Sven-Bertil Taube. (T) Weatherview. (T) 1.55 Sign Zone: See Hear. (R) (T) 2.25 Sign Zone: Beyond Boundaries: Where Are They Now? (R) (T) 3.25 Sign Zone: The Hottest Place on Earth. (T) 4.25 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Something Special. (R) (T) 7.20 Mister Maker. (R) (T) 7.40 Carrie and David's Popshop. (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Frankenstein's Cat. (R) (T) 8.25 What's New Scooby-Doo? (R) (T) 8.45 The Secret Show. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) The Owl. (R) (T) 9.30 Best of Friends. (R) (T) 10.00 The Sorcerer's Apprentice. (R) (T) 11.00 Dangerous. (R) (T) 11.20 FILM: Herbie Goes to Monte Carlo (1977). Disney adventure sequel, starring Dean Jones. (T) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 A Question of Genius. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Department Store. A Huddersfield store that faced bankruptcy. (T) 8.00 The Speaker. The 20 teenagers compete for eight places in the next round. Continues tomorrow. (T) 9.00

**Horse People with Alexandra Tolstoy.** The equestrian meets a family of mounted bullfighters in Andalusia. (T) 10.00 Later Live - with Jools Holland. Performances by Marianne Faithfull and Doves. An extended edition can be seen on Friday at 11.35pm. (T) 10.30 Newsnight. Weather. (T) 11.20 The Wire. (T) 12.15 High Altitude. (R) (T) 12.45 The Super League Show. (T) 1.15 BBC News. (T) 4.00 BBC Learning Zone. (T)

## Pick of the Day

## Horse People with Alexandra Tolstoy (BBC2, 9pm)

This week, the adventurous presenter finds herself in Spain, where she discovers there's more to the region of Jerez in Andalusia than the tourist industry. Tolstoy learns how, in some quarters, bullfighting is done on horseback, and meets the Bohorquez clan, who have bred horses for just such a purpose for centuries. Among her many challenges are helping to train a horse to face a bull, and taking on a dressage competition. Those of a squeamish nature might like to have a cushion handy as Tolstoy also tries her hand at artificially inseminating a mare at a specialist centre. Finally, the episode ends on a high as she participates in an eye-opening pilgrimage. Speaking about her experiences in Spain, while making this fascinating series, the presenter says: "I have travelled quite a lot before, but very specifically in Central Asia and Russia, and horses are quite a common denominator. In Spain it was about the pomp and ceremony of horses. They have the most amazing dressage school. Yes, I learned a huge amount." Although there's still another episode to transmit, Tolstoy clearly loved the experience, saying: "I'd love to make more. We're talking to the BBC about various projects — it's a fantastic job, I feel so lucky."

## C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Will & Grace. (R) (T) 9.55 Brothers & Sisters. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 The Kitchen Pharmacy. (R) (T) 12.00 News at Noon. (T) 12.30 In Your Dreams. (R) (T) 12.45 Back to You. (R) (T) 1.10 FILM: Young at Heart (1954). Musical romance, starring Frank Sinatra and Doris Day. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Film-makers of Kabul. New series of short films highlighting modern Afghanistan. (T) 8.00 Gok's Fashion Fix. New series in which Gok Wan teaches women the values of economic fashion. (T) 9.00 The Hospital. How the NHS is struggling to cope with teenage obesity. (T) 10.00 Shameless. Ian is angry to learn Liam has been skipping school and that Danny is to blame. Meanwhile, as Paddy goes cold turkey, Mimi worries about his past infidelity and her uncertain future. (T) 11.05 The Big Bang Theory. (T) 11.35 My Name Is Earl. (R) (T) 12.05 Premier League Poker. 1.05 Destination 2012. (R) (T) 2.00 World Sport. (R) (T) 2.30 KOTV Classics. (R) (T) 3.25 Sailing. (R) 3.55 Full Metal Challenge. (R) (T) 4.55 Time Team. (R) (T)

## FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Roobarb and Custard Too. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Chiro. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play! (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.15 Michael's Zoo Babies. (R) (T) 10.15 Monkey Life. (R) (T) 10.45 Monkey Life. (R) (T) 11.15 Extraordinary Animals. (R) (T) 11.45 World's Strongest Man. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 The Family Recipe. (R) (T) 3.15 FILM: Unexpected Journey (2004). Fact-based drama, starring Mary-Louise Parker. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. The Royal Navy search team rescues a seriously injured climber. (R) (T) 7.30 Five News Update. (T) 8.00 Was Dr Crispin Innocent? Revealed. Revisiting the notorious murder case. (R) (T) 8.00 Five News at 9. 9.00 CSI: Crime Scene Investigation. A violent suicide outside a courtroom sheds new light on a murder case. (T) 10.00 CSI: Miami. Three arms smugglers are killed by a rare gun. (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 The Shield. (R) (T) 1.00 NBA Basketball. 3.30 FIFA Club World Cup Final. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## LOCAL Best of the Rest

## RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1610 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 30 Minutos 2130 Duelo Final 2230 Serviço de Saúde 2330 Champions League Highlights 0015 Liga dos Últimos 0115 Lost, series 0200 Prova de Amor 0345 Telesales 0605 Nôs

## RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 O Meu Bairro 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 AB Ciência 1950 Zig Zag 2005 Everybody Hates Chris, series 2115 National Geographic 2200 News 2240 Great Anatomy, series 2330 Bairro Alto 0030 Notícias da Dois 0200 Câmara Clara 0315 Euronews 0500 Sociedade Civil

## SIC

0600 Sic Notícias 0900 Ligo, Ganho! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Notícias 1715 Rebelde War 1800 Três Minhas 1900 Nôs por Cá 2000 News 2115 Tá a Gravar 2230 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI Las Vegas, series 0230 Quando o Telefone Toca 0430 Entourage, series

## TVI

0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Feitiço de Amor 2330 Olhos nos Olhos 0015 U-Turn, film 0230 Sempre a Somar 0430 The Unit, series 0530 Telesales

## BBC3

7.00 Doctor Who 7.45 The Real Hustle 8.00 Don't Tell! The Bride 9.00 Two Pints: Fags, Lads and Kebabs 10.00 EastEnders 10.30 Home & Corden 11.00 Family Guy 11.25 Family Guy 11.45 Two Pints: Fags, Lads and Kebabs 12.45 Horne & Corden 1.15 Don't Tell! The Bride 2.15 Natalie Cassidy's Real Britain 3.10 Young Mums' Mansion: The Dads Arrive 4.10 Gary: Young, Psychic and Possessed 5.10 Close

## BBC4

7.00 World News Today 7.00 Weather 7.30 Coal House at War 8.00 All Our Working Lives: Working the Land 9.00 Early Doors 9.30 I've Never Seen Star Wars 10.00 Mad Men 10.50 Law and Order 12.10 Film: West End Jungle 15 (1961) 1.00 1959 - A Panorama Guide 2.00 I've Never Seen Star Wars 2.30 All Our Working Lives: Working the Land 3.30 I've Never Seen Star Wars 4.00 Close

## ITV2

10.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Loose Women 4.45 Ricki Lake's 5.25 Sally Jessy Raphael 6.10 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 Superhuman: World's Tallest Children 9.00 Coleen's Real Women 10.00 Film: The Fast and the Furious: Tokyo Drift 12.00 (2006) 12.05 Film:

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## MOVIES

## Sky Movies Drama

6.15 Rocky Balboa 12 (2006) 8.15 The Capture of the Green River Killer 9.50 School Ties PG (1992) 11.40 The Good Shepherd 15 (2006) With Matt Damon. 2.30 On Broadway 12 (2007) With Joey McIntyre. 4.15 Wah-Wah 15 (2006) With Nicholas Hoult. 6.00 Becoming Jane PG (2006) With Anne Hathaway. 9.00 Lions for Lambs 15 (2007) With Robert Redford. 9.45 Gridiron Gang 12 (2006) With Dwayne Johnson. 12.00 Vanishing Point 18 (1971) With Barry Newman. 2.00 Mortal Thoughts 18 (1991) With Demi Moore. 4.00 The Top 10 Show 4.20 Loss of Faith PG (1997)

## Sky Movies Comedy

7.20 The Out-of-Towners 12 (1999) 8.55 The Boat that Rocked Special 9.25 The Heartbreak Kid 15 (2007) 11.25 Evan Almighty PG (2007) With Steve Carell. 1.05 Mr Woodcock 12 (2007) With Billy Bob Thornton. 2.35 Fierce Creatures 12 (1997) With John Cleese. 4.15 The Bachelor 12 (1999) With Chris O'Donnell. 6.00 The Boat that

## Rocked Special 6.30 Mr Woodcock

12 (2007) With Billy Bob Thornton. 8.00 Evan Almighty PG (2007) With Steve Carell. 9.45 The Heartbreak Kid 15 (2007) With Ben Stiller. 11.45 Fierce Creatures 12 (1997) With John Cleese. 1.25 The Bachelor 12 (1999) With Chris O'Donnell. 3.10 The Out-of-Towners 12 (1999) 4.45 Expiration Date 12 (2006)

## Sky Movies Action/Thriller

7.10 Tremors II: Aftershocks 12 (1995) 8.55 The Avengers 12 (1998) 10.25 Rescue Dawn 12 (2006) 12.35 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 2.40 Legionnaire 15 (1998) With Jean-Claude Van Damme. 4.20 Rescue Dawn 12 (2006) With Christian Bale. 6.30 The Avengers 12 (1998) With Ralph Fiennes. 8.00 Deep Blue Sea 15 (1999) With Samuel L. Jackson. 10.00 Shoot 'Em Up 18 (2007) With Clive Owen. 11.35 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 1.45 Face 18 (1997) With Robert Carlyle. 3.35 Tremors II: Aftershocks 12 (1995) 5.20 The Magic Sword: The Quest for Camelot PG (1998)

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Champions League Weekly 9.30 Live Masters Tennis. Daythree of the Monte-Carlo Masters. 5.30 Great Run Series 6.00 Big League Weekend 2.30 Live Speedway Wolverhampton Wolves v Belle Vue Aces. 9.30 Great Run Series 10.00 Big League Weekend 2.11.30 Revista De La Liga 12.30 Football Asia 1.00 Speedway 3.00 Big League Weekend 2.4.30 Revista De La Liga 5.30 Football Asia

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Aerobics Adventures 7.00 WWE: Afterburn 8.00 Soccer AM 9.00 Super League 11.00 Poker 1.00 Soccer AM: The Best Bits 2.00 Super League 4.00 Soccer AM: The Best Bits 5.00 Revista De La Liga 6.00 Aerobics Adventures 6.30 Great Run Series 7.00 Soccer Series 7.30 Football Asia 8.00 Cricket's 9.00 Aerobics Adventures 9.30 360 Series 10.00 Poker 11.30 NFL: Total Access 12.30 Masters Tennis 2.30 Cricket 3.30 Close

## Sky Sports 3

6.00 Close 8.30 The Grid 9.00 High Five 9.30 Aerobics Adventures 10.00 Soccer AM: The Best Bits 11.00 Aerobics Oz Style 11.30 Racing News 12.00 The Grid 12.30 H20 Sports International 1.00 Max Power 2.00 Aerobics Adventures 2.30 Wild Spirits 3.00 Poker 5.00 WWE: Smackdown 7.00 Sports Unlimited 8.00 Pool 9.00 Airports World 9.30 Wild Spirits 10.00 Sports Unlimited 11.00 Cricket 12.00 Pool 1.00 Modern Pentathlon 2.00 Great Run Series 2.30 360 Series 3.00 Close

## British Eurosport

7.30 Eurogoals 8.15 UEFA Champions League 9.15 WATTS 9.30 UEFA Champions League 10.45 Eurogoals: One to One 11.00 UEFA Champions League 12.15 Eurogoals 1.00 Live Cycling. The Tour of Turkey. 3.00 WTA Tennis 4.00 Figure Skating 5.30 Strongest Man 6.30 Air Wrestling 7.00 Boxing 8.00 Boxing 9.50 Test Ride 10.00 World Series by Renault 10.30 MotoGP 11.30 Cycling 12.30 Close

## Sky Sports Xtra

6.00 Close 4.00 Adrenaline Adventures 4.30 High Five 5.00 NFL: Total Access 6.00 Aerobics Oz Style 6.30 Airports World 7.00 Modern Pentathlon 8.00 360 Series 8.30 High Five 9.00 Masters Tennis 11.00 Aerobics Adventures 11.30 360 Series 12.00 Great Run Series 12.30 High Five 1.00 Aerobics Adventures 1.30 360 Series 2.00 Close

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## BBC1

6.00 Breakfast. (T) 9.15 Lifeview. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Sun, Sea and Bargain Spotting. (T) BBC News: Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (T) 3.25 CBBC: Arthur. (T) 3.40 Arthur. (T) 3.55 Uncle Max. (R) (T) 4.05 Paradise Cafe. (R) (T) 4.35 Blue Peter. (R) (T) MyWish. (R) (T) 5.05 Newsround. (T) 5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (R) (T) BBC News: Weather. (T) 6.30 Regional News Programme: Weather. (T) 7.00 The One Show. Topical reports from across the UK, featuring contributions from historian Dan Snow and broadcaster Hardeep Singh Kohli. Dominic Littlewood is also on hand with consumer advice, while Ellie Harrison reports on issues affecting wildlife across Britain. Adrian Chiles and Christine Bleakley present. (T) 7.30 Animal 24/7. Tom Heap introduces two peregrine chicks to an unsuspecting foster family, the RSPCA investigate the case of a puppy with a broken leg, and a team from the British Divers Marine Life Rescue battles to save an orphaned porpoise. (R) (T) BBC News: Regional News. (T) 8.00 Waterloo Road. Tom's decision to run an Army Day at school descends into chaos when a pupil seizes the opportunity for personal revenge, and his relationship with Davina is put in jeopardy when she finds out he has lent money to Rose Kelly. Meanwhile, Kim wonders whether she has done enough to protect her secret from the home office as the investigation intensifies. (T) 9.00 The Apprentice. For their fourth task, the teams are challenged to make and sell two new bath and beauty products using natural ingredients, and create a distinctive brand identity to make their items stand out from the crowd. However, tension mounts among the candidates as they struggle with complicated recipes, controversial creative decisions, and the difficulty of determining how much stock to manufacture. (T) 10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 The National Lottery Draw. The balls are set rolling to decide the all-important numbers. Presented by Jamella. (T) 10.45 FILM: The Stepford Wives (2004). Black comedy, starring Nicole Kidman; (T) National Lottery Update. (T) 12.10 FILM: Eye of the Beholder (1999). Thriller, starring Ewan McGregor; (T) Weatherview. (T) 1.55 Sign Zone: Jimmy Doherty in Darwin's Garden. (R) (T) 2.55 Sign Zone: Grow Your Own Drugs. (R) (T) 3.25 Sign Zone: Oz and James Drink to Britain. (R) (T) 3.55 Sign Zone: MasterChef. (R) (T) 4.25 Sign Zone: MasterChef. (R) (T) 4.55 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Something Special. (R) (T) 7.20 Mister Maker. (R) (T) 7.40 Carrie and David's Popshop. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Frankenstein's Cat. (R) (T) 8.25 What's New Scooby-Doo? (R) (T) 8.45 The Secret Show. (R) (T) 9.00 The Story of Tracy Beaker; (R) (T) The Owl. (R) (T) 9.30 Best of Friends. (R) (T) 10.00 The Sorcerer's Apprentice. (R) (T) 11.00 Dargemouse. (R) (T) 11.20 FILM: The Cat from Outer Space (1978). Disney comedy, starring Roddy McDowall. (T) 1.00 See Hear. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Hair Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It (R) (T) 4.30 A Question of Genius. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Escape to the Country. Jules Hudson helps a couple with a #750,000 budget, search for a country farmhouse in Powys, Wales, with enough land to raise livestock and grow their own vegetables. (R) (T) 8.00 The Speaker. Earl Spencer mentors the contestants at his stately home. Continues next Tuesday. (T) 9.00 Alan Whicker's Journey of a Lifetime. The journalist returns to Hong Kong. Last in the series. (T) 10.00 The Apprentice: You're Fired! With Andy Parsons, Sarah Halton and Jo Elvin. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.15 Mad Men. (T) 1.05 BBC News. (T) 4.00 BBC Learning Zone. (T)

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## Pick of the Day

## Extraordinary People: Britain's Tiniest Toddlers (five, 9pm)

The next time you gasp in horror and cancel any plans you had made for the weekend when you spy a spot forming on your chin, or moan about a bad-hair day, hang your head in shame and spare a thought for the people featured in this series, whose physical difficulties never prevent them from living life to the full. This programme focuses on three children who were born with an incredibly rare condition called microcephalic osteodysplastic primordial dwarfism — a condition that renders them less than half the size of other kids their age. At nearly four years old, Liam is just 29 inches tall and weighs the same as a three-month-old baby. The cameras follow him as he prepares for his fourth birthday party, and days later he meets Danny — one of the world's few primordial dwarves to have made it through to adulthood. The film also follows Alex, who stands at 30 inches tall and has great difficulty feeding. Understandably concerned, his parents take him to Alder Hey Children's Hospital in Liverpool, and are relieved to discover there is no physiological problem preventing their son from eating. Meanwhile, in Wrexham, 25-inch-tall Finn prepares for her first day at school.

## C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 Brothers & Sisters. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 The Kitchen Pharmacy. (R) (T) 12.00 News at Noon. (T) 12.30 Grudge Match. (R) (T) 12.50 Back to You. (R) (T) 1.20 FILM: Donovan's Reef (1963). Comedy drama, starring John Wayne and Lee Marvin. (T) 3.25 Countdown. (R) (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Filmmakers of Kabul. A tribute to Afghan film workers. (T) 8.00 Embarrassing Bodies. New series of the documentary looking at physiological concerns. (T) 9.00 Grand Designs. An update on a couple who transformed a cottage into a modern home. (T) 10.00 Desperate Housewives. Susan tries to impress a work colleague, Carlos is reunited with an old acquaintance, and Bree takes action to protect herself from embarrassment as Orson's new habit intensifies. (T) 11.00 Shameless. (R) (T) 12.05 4Music: 4Music Favourites: Doves. (T) 12.40 4Music: 4Play: Operahouse. (T) 12.50 4Music: The Album Chart Show. (R) (T) 1.15 Would You Save a Stranger? (R) (T) 2.15 Unreported World. (R) (T) 2.40 3 Minute Wonder: Home from Home. (R) (T) 2.45 Hill Street Blues. (R) (T) 3.35 The Middle Ages. (R) (T) 4.00 Time Team. (R) (T) 4.55 Countdown. (R) (T) 5.40 Cubezz. (R) (T)

## FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Roobarb and Custard Too. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Chiro. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fit and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 POCO. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play! (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.15 Michaela's Zoo Babies. (R) (T) 10.15 Monkey Life. (R) (T) 10.45 Monkey Life. (R) (T) 11.15 Extraordinary Animals. (R) (T) 11.45 World's Strongest Man. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (R) (T) 2.15 Home and Away. (T) 2.50 Wordplay. (T) 3.10 FILM: Columbo: Butterfly in Shades of Grey (1993). Crime drama, starring Peter Falk and William Shatner. (T) 5.00 Five News with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 Five News at 7. (T) 7.30 Michaela's Zoo Babies. A white rhino is pregnant at an animal park in Cumbria; (R) (T) 7.30 Five News Update. (T) 8.00 Oli Riggers. The Longhorn grinds to a halt; (T) 8.00 Five News. (T) 8.00 Extraordinary People: Britain's Tiniest Toddlers. Children who are less than half the size of others their age. (T) 10.00 The Girl in the Box. A woman who was held captive for seven years. (R) (T) 11.05 Police Interceptors: Special Edition. (R) (T) 12.05 Poker. 1.35 A1 Grand Prix. 2.25 Race and Rally UK. 3.25 NHL Ice Hockey. 4.35 NHL Ice Hockey. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 4.00 A Touch of Frost. (R) (T) 4.59 London Weather. (T) 5.00 Taste the Nation. Two teams design starters, main courses and desserts using inspiration from their regions, hoping to impress judges Henrietta Green, William Sitwell and Richard Johnson in the second quarter-final. Dishes include a smoked eel salad with horseradish cream and beetroot and apple puree, and caramelised chicory with cured ham. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Lee swallows his pride and asks for his job back, but takes out his frustration on Katie, who considers going on a proper date with Nathan. David stuns Eric by announcing his intention to run against him in the election. Belle is upset when Zak falls to show up for her reading at the recital and demands he stand firm in front of the family for breaking a promise, while Andy is surprised by an invitation from Natasha. (T) 7.30 Coronation Street. Birthday celebrations at the Barlow household are marred when Peter confronts Ken about his "other woman". A vengeful Tom turns the tables on Maria, leaving Tony furious, and Amber persuades Dev to give Teresa a place to stay. Jack is upset to discover three of his pigeons have gone missing. (T) 8.00 The Bill. A teenager's house is trashed in revenge for an alleged rape and Safer Schools Officer Nita is horrified to discover the extent of peer pressure, drinking, underage sex and bullying among the pupils of Deansgate Comprehensive. Allegations of rape at a booze-fuelled teenage party leave him wondering whether he will ever be able to make his mark in his new role. (T) 9.00 Hell's Kitchen. Claudia Winkleman presents an update from the reality TV kitchen as Marco Pierre White continues his challenge to turn the celebrities into chefs capable of feeding a restaurant packed with discerning diners each night. Continues tomorrow. (T) 10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 FILM: Maverick (1994). Comedy Western, starring Mel Gibson. (T) 12.50 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.40 Loose Women. (R) 2.30 The Jeremy Kyle Show. (R) (T) 3.25 ITV Nightscreen.

## LOCAL

## Best of the Rest

## MOVIES

## SPORT

## RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1600 Portugal no Coração 1805 O Preço Certo 1900 News 1945 Football: Champions League 2130 News 2200 A Guerra 2315 Champions League Highlights 2345 The Outlaw Jose Wales, film 2415 Prova de Amor 0400 Teleseleções 0605 Nôs

## RTP2

0720 Zig Zag 1000 Sociedade Civil 1530 O Meu Bairro 1700 Zig Zag 1830 Fé dos Homens 1900 Bioterra 1950 Zig Zag 2045 Everybody Hates Chris, series 2105 National Geographic 2200 News 2230 24, series 2330 Clube da Imprensa 0030 Noites da Dois 0200 Bioterra 0245 Bastidores 0315 Euronews 0500 Sociedade Civil

## SIC

0600 Sic Notícias 0900 Ligo, Ganho! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Interm 1900 Nôs por Cá 2000 News 2115 Tá a Gravar 2230 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI Las Vegas, series 0230 Quando o Telefone Toca 0430 Entourage, series

## TVI

0700 Diário Da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Feitiço de Amor 2330 Olhos nos Olhos 0015 Fatal Rescue, film 0200 Sempre a Soma 0400 The Office, series 0430 The Unit, series 0530 Teleseleções

## BBC3

7.00 Doctor Who 7.45 The Real Hustle 8.00 Film: Catch Me If You Can 12 (2002) 10.15 Horne & Corden 10.45 Family Guy 11.05 Family Guy 11.30 18 Pregnant Schoolgirls 12.30 Natalie Cassidy's Real Britain 1.30 Horne & Corden 2.00 18 Pregnant Schoolgirls 2.55 Natalie Cassidy's Real Britain 3.55 Freaky Eaters 4.55 Close

## BBC4

7.00 World News Today 7.00 Weather 7.30 Wainwright Walks: Coast to Coast 8.00 Victorian Farm 9.00 Mud, Sweat and Tractors: The Story of Agriculture 10.00 Wainwright Walks: Coast to Coast 10.30 Newsweek with Charlie Brooker 11.00 I've Never Seen Star 11.30 Pop Britannia 12.30 Pop on Trial 1.30 Batman 1.55 Batman 2.20 Mad Men 3.05 Mad Men 3.55 Close

## ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Loose Women 4.45 Ricki Lake 5.25 Sally Jessy Raphael 6.10 Judge Judy 7.00 All Star Family Fortune 7.45 Creature Comforts 8.00 Extreme Slimmers 9.00 Gossip Girl 10.00 Celebrity Juice 10.30 Coronation Street 12.30 Film: Scary Movie 18 (2000) 2.05 Teleshopping 5.05 ITV2 Nightscreen

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## Sky1

1.00 Stargate SG-1 2.00 Bones 3.00 Cold Case 4.00 Lion Man 4.30 Malcolm in the Middle 5.00 Bondi Vet 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Film: Me, Myself and Irene 15 (2000) 11.15 Fringe 12.25 Road Wars 1.25 Ross Kemp on Gangs 2.20 Road Wars 3.15 Stargate SG-1 4.05 Stargate SG-1 4.55 Bite Size Brainiacs 5.10 Gully! G.O.L.D

1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Steptoe and Son 3.00 The Brittas Empire 3.40 Just Good Friends 4.20 Last of the Summer Wine 5.00 Keeping Up Appearances 5.40 Porridge 6.20 My Family 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Steptoe and Son 9.00 The Royle Family 9.40 Only Fools and Horses 10.50 Gimme Gimme Gimme 11.30 Harry Enfield and Chums 12.10 The Royle Family 12.50 Gimme Gimme Gimme 1.30 Harry Enfield and Chums 2.05 Charlie's Angels 3.00 Close

## TCM

1.00 The Jazz Singer U (1953) 3.00 The Madwoman of Chaillot (1969) 5.50 Grand Prix PG (1966) 9.00 The Mackintosh Man 15 (1973) 11.00 Inside Daisy Clover 15 (1965) 1.25 The Mackintosh Man 15 (1973) 3.10 Before Sunrise 15 (1995) 5.00 The Naked Runner PG (1967)

## The Disney Channel

Kids' programmes from 7am, except: 8.00 Film: Halloweentown II: Kalabar's Revenge PG (2001) Spooky adventure sequel, starring Debbie Reynolds.

## Sky Movies Drama

6.00 The Simple Life of Noah Dearborn PG (1999) 7.45 Pictures of Hollis Woods PG (2007) 9.30 Because I Said So 12 (2007) 11.15 Love N' Dancing 12 (2008) With Amy Smart. 12.55 The Top 10 Show 1.15 The Thin Red Line 15 (1998) With Sean Penn. 4.15 Imaginary Playmate 12 (2006) With Diana Meyer. 5.45 Dreamgirls 12 (2006) With Jamie Foxx. 8.00 Phenomenon PG (1996) With John Travolta. 10.10 Platoon 15 (1986) With Charlie Sheen. 12.15 Ride with the Devil 15 (1999) With Tobey Maguire. 2.45 Consenting Adults 15 (1992) With Kevin Kline. 4.30 The Top 10 Show 4.50 The Patron Saint of Liars PG (1997)

## Sky Movies Comedy

6.25 Paperback Hero 15 (1998) 8.10 Blades of Glory 12 (2007) 9.30 35MM 10.20 I Now Pronounce You Chuck & Larry 12 (2007) 12.20 Good Luck Chuck 15 (2007) With Dane Cook. 2.05 As Good as It Gets 15 (1997) With Jack Nicholson. 4.30 Spy Hard PG (1996) With Leslie

Nielsen. 6.05 The Top 10 Show 6.20 Blades of Glory 12 (2007) With Will Ferrell. 8.00 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 10.00 Good Luck Chuck 15 (2007) With Dane Cook. 11.45 As Good as It Gets 15 (1997) With Jack Nicholson. 2.05 Paperback Hero 15 (1998) With Hugh Jackman. 3.45 Spy Hard PG (1996) 5.10 I Wanna Hold Your Hand PG (1978)

## Sky Movies Action/Thriller

6.50 Flyboys 12 (2006) 9.10 Patriot Games 15 (1992) 11.10 Three Kings 15 (1999) With George Clooney. 1.15 The Bone Collector 15 (1999) With Denzel Washington. 3.15 Blood Diamond 15 (2006) With Leonardo DiCaprio. 5.40 The Hunt for Red October PG (1990) With Sean Connery. 8.00 The Bone Collector 15 (1999) With Denzel Washington. 10.00 Patriot Games 15 (1992) With Harrison Ford. 12.00 Blue Streak 12 (1999) With Martin Lawrence. 1.50 Outlaw 18 (2007) With Sean Bean. 3.40 The Hunt for Red October PG (1990)

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 Live Masters Tennis. Day four of the Monte-Carlo Masters. 5.30 Football Asia 6.00 Boots 'n' All 7.00 Worldspan Sport 8.00 Hatten v Pacquiao 24/7 8.30 Total Rugby 9.00 Masters Tennis 11.00 FIFA Futbol Mundial 11.30 Hatten v Pacquiao 24/7 12.00 Poker 1.30 FIFA Futbol Mundial 2.00 Boots 'n' All 3.00 Hatten v Pacquiao 24/7 3.30 Total Rugby 4.00 Boots 'n' All 5.00 Hatten v Pacquiao 24/7 5.30 FIFA Futbol Mundial

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE Vintage Collection 8.00 Cricket9.00 High Five 9.30 Revista De La Liga 10.30 Big League Weekend 21.00 Football Asia 12.30 Speedway 2.30 Big League Weekend 2.40 UEFA Champions League 4.00 UEFA Champions League 5.00 UEFA Champions League 5.30 UEFA Champions League 6.00 European Tour Weekly 6.30 Hatten v Pacquiao 24/7 7.00 Live UEFA Champions League. FC Porto v Manchester United (Kick-off 7.45pm). 10.30 Hatten v Pacquiao 24/7 11.00 NFL: Total Access 12.00 Total Rugby 12.30 Masters Tennis 2.30 Close

## Sky Sports 3

6.00 Great Run Series 6.30 Modern Pentathlon 7.30 Speedway 9.30 Poker 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Cricket 1.00 Poker 2.30 Great Run Series 3.00 Cricket 4.00 Modern Pentathlon 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Total Rugby 7.30 Live UEFA Champions League.

Arsenal v Villarreal (Kick-off 7.45pm). 10.00 Boots 'n' All 11.00 Squash 12.00 Boots 'n' All 1.00 Worldspan Sport 2.00 Squash 3.00 Close

## British Eurosport

7.30 Triathlon 8.00 Yoz Magazine 8.15 Figure Skating 10.00 Trial Bikes 11.00 Motocross 12.00 Cycling 1.00 Live Cycling. The Tour of Turkey. 3.00 Cycling 3.30 World Series by Renault 4.00 UEFA Cup Football 5.00 Eurogals Flash 5.15 UEFA Cup Football 6.15 Figure Skating 7.15 Sport Destination 7.25 Olympic Magazine 7.55 Wednesday Selection 8.00 Riders Club 8.05 Golf: The Masters 9.00 US PGA Golf 10.05 European Tour Golf 10.35 Golf Club 10.40 Yacht Club 11.00 Cycling 12.00 Cycling 12.30 Close

## Sky Sports Xtra

1.30 Modern Pentathlon 2.30 Pool 3.30 360 Series 4.00 Adrenaline Adventures 4.30 High Five 5.00 NFL: Total Access 6.00 Great Run Series 6.30 Rallyzone 7.00 Watersports World 8.00 Boots 'n' All 9.00 European Tour Weekly 9.30 Total Rugby 10.00 Worldspan Sport 11.00 Adrenaline Adventures 11.30 Great Run Series 12.00 Watersports World 1.00 Adrenaline Adventures 1.30 Rallyzone 2.00 Great Run Series 2.30 Close

(R) - repeat programme;  
(T) - programme with tele-text subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.



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## BBC1

6.00 Breakfast. (R) 9.15 Lifegivers. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting. (T) BBC News: Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather; Regional News. (R) 3.05 cBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Arthur. (T) 3.45 Uncle Max. (R) (T) 4.05 Ed and Ocho's Excellent Inventions. (R) (T) 4.35 Horrible Histories. (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson asks more general knowledge questions against the clock as contestants try to avoid being voted off the team. (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Stacey tries to comfort Ronnie as the funeral ends and persuades Danielle's father Andy to help her. Shirley finds Phil drunk in his car and Dot confronts Doty about her phone. (T) BBC News; Regional News. (T)

8.00 My Family. Susan offers her support to an old friend going through a divorce, and Ben is roped in as a "date" to make the woman's husband jealous. Guest starring Belinda Lang. (T)

8.30 DIY SOS. Nick Knowles and the team come to the aid of the Oxford family. Andy took two years off work to look after son Jordan and care for wife Lisa, who was diagnosed with brain cancer. This left no time to finish her extension, and the lack of space forced them to share the same bed. The experts are dispatched to the family home in Frimley in Surrey to rescue the situation. (T)

9.00 Traffic Cops. Officers in South Wales track down people with something to hide, including drug dealers, bad drivers and an amorous couple. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The Namia Code. When CS Lewis's The Chronicles of Narnia were first published, many scholars thought there was a hidden meaning beneath the stories. This programme examines the claims of Lewis expert Dr Michael Ward, who believes he has uncovered a code. Using dramatisations of the author's early life and career, the documentary offers views from the experts, tests out the evidence and reveals some challenging ideas. (T)

11.35 FILM: White Oleander (2002). Drama, starring Alison Lohman; (T) Holiday Weather. (T)  
1.25 Sign Zone: Panorama. (R) (T) 1.55 Sign Zone: Watchdog. (R) (T) 2.25 Sign Zone: Countryside. (R) (T) 3.20 Sign Zone: MasterChef. (R) (T) 3.50 Sign Zone: MasterChef. (R) (T) 4.50 BBC News. (T)



## BBC2

6.00 cBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Something Special. (R) (T) 7.20 Mister Maker. (R) (T) 7.40 Carrie and David's Popshop. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Frankenstein's Cat. (R) (T) 8.25 What's New Scooby-Doo? (R) (T) 8.45 The Secret Show. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.00 The Owl. (R) (T) 9.30 Best of Friends. (R) (T) 10.00 The Sorcerer's Apprentice. (T) 11.00 Dangerousmouse. (R) (T) 11.20 FILM: Son of Flubber (1963). Disney comedy sequel, starring Fred MacMurray. (T) (bw) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 A Question of Genius. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Apprentice. The candidates create bath and beauty products. (R) (T) 8.00 Coast. A Journey along East Anglia's shoreline sees Neil Oliver explore the site of an abandoned Cold War experiment, while Nicholas Crane examines the causes of local flooding. (R) (T) 9.00 Professor Regan's Diet Clinic. New series. The scientific truth behind healthcare products. (T) 10.00 The Graham Norton Show. Comedy talk show. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.25 The Apprentice: You're Fired! (T) 1.05 BBC News. (T) 4.00 BBC Learning Zone. 4.00 Schools: GCSE Bitesize Revision: Additional Science - Programme One. 5.00 GCSE Bitesize Revision: Additional Science - Programme Two. (T)

## Pick of the Day

## Kirstie's Homemade Home (C4, 8pm)

For the past decade or so, Channel 4 has been the station to watch if you're interested in property. At the forefront of these programmes has been Kirstie Allsopp who, alongside her professional partner Phil Spencer, has hosted Location, Location, Location and Relocation since May 2001. But that was back when house prices were rocketing and people were seemingly obsessed with climbing the property ladder. Sadly, those days are now gone, and in this terrible economic climate, members of the public are struggling to get on that infamous ladder, never mind move up it. With that clearly in mind, Channel 4 has switched its focus from buying houses to doing up the ones we already live in – and on a budget too. This new series follows Kirstie as she transforms a rundown Devon cottage into something special by using traditional methods and crafts. Each episode will see Kirstie tackle a different project, from revamping furniture bought at auction to sewing her own cushions and making mosaics. She says: "I want to prove that you can create something unique and wonderful using amazing artisans from the West Country and around the UK rather than going down the same old mass-produced route. I think it is possible to budget sensibly and buy British and I'm keen to show that."

## C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 Brothers & Sisters. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 The Kitchen Pharmacy. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: The Filmmakers of Kabul. (T) 12.35 In Your Dreams. (R) (T) 12.50 A Place in the Sun: Home or Away. (R) (T) 1.50 FILM: Sword of Sherwood Forest (1960). Robin Hood adventure, starring Richard Greene. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Filmmakers of Kabul. The inequality between the sexes. Last in the series. (T) 8.00 Kirstie's Homemade Home. New series. Kirstie Allsopp transforms a cottage in Devon. (T) 9.00 Missing: Race Against Time. Three families search for their loved ones. (T) 10.00 Around the World in 80 Trades. Conor Woodman continues his trading adventure in Asia, beginning in Delhi where he plans to sell 4,000 bottles of South African chili sauce, before buying horses in Kyrgyzstan. (T) 11.05 Ramsay's Kitchen Nightmares USA. (R) (T) 12.05 When Women Rule the World. (R) (T) 1.05 Dubplate Drama. (R) (T) 1.30 Surrogate Junkies. (R) (T) 2.30 Mesh: Daddy. (R) 2.35 Hill Street Blues. (R) 3.25 Mesh: The Wrong Turn. (R) (T) 3.30 The Middle Ages. (R) (T) 4.00 Time Team. (R) (T) 4.50 Countdown. (R) (T) 5.35 Inuk. (R) (T) 5.50 The Hoobs. (R) (T)

## FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Peppa Pig. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fit and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play! (R) (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Michaela's Zoo Babies. (R) (T) 10.15 Monkey Life. (R) (T) 10.45 Monkey Life. (R) (T) 11.15 Extraordinary Animals. (R) (T) 11.45 World's Strongest Man. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 FILM: We'll Meet Again (2002). Crime thriller, starring Laura Leighton. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 Five News at 7. (T) 7.30 Animal Rescue Squad. Helping opossums and raccoons readjust to the wild; (R) (T) 7.30 Five News Update. (T) 8.00 I Own Britain's Best Home 2009. Properties in Surrey, Dorset and the Cotswolds; (T) 8.00 Five News at 9. (T) 9.00 The Mentalist. Patrick investigates the double life of a murdered businessman. (T) 10.00 Law & Order: Criminal Intent. The detectives delve into the personal life of Goren's long-standing adversary Nicole Wallace as they search for a jewel thief who murdered her accomplice. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Quiz Call. 4.00 NBA Basketball. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 4.00 A Touch of Frost. (R) (T) 4.59 London Weather. (T)

5.00 Taste the Nation. Two teams design starters, main courses and puddings inspired by their regions in a bid to impress judges Henrietta Green, Richard Johnson and William Stittell and book a place in the semi-finals. On the menu are roe venison Wellington and wild Scottish salmon. Nick Hancock presents. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Maisee revels in Andy's success at the pig cloyon shoot, but the atmosphere sours when Debbie turns up, causing an argument in which Natasha learns her daughter is going to move in with the farmer. Mark is disturbed by a movement in the trees and alarmed to find he is being watched by Faye, who forces him to admit he is being loved over. Elsewhere, Nathan takes Katie out on a date, while Zak is found guilty by the Dingle court and banished from the family. (T)

8.00 The Bill. A hate campaign sparked by a rape case from 18 months previously divides pupils and parents at Deansgate Comprehensive, leading to schoolyard confrontations and classroom fights. Sater Schools Officer Nate discovers the victim of the slanderous campaign is entirely innocent of the crime, and the identity of the person spreading malicious lies comes as a terrible shock. (T)

9.00 Hell's Kitchen. Claudia Winkleman presents the latest from the kitchen and restaurant as the celebrity trainee cooks continue their apprenticeship, with no-nonsense head chef Marco Pierre White pushing them to the limits of perfection and cranking up the heat to ensure every diner goes away happy and fed. Continues tomorrow. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 UEFA Cup Football. Craig Doyle introduces highlights of this evening's quarter-final second-leg ties, including Manchester City's match against Hamburg SV at the City of Manchester Stadium. Plus, action from Dynamo Kiev v Paris Saint-Germain, Marseille v Shakhtar Donetsk and Udinese v Werder Bremen. (T)

12.00 FILM: Robbery (1967). Drama, starring Stanley Baker. (R) 1.55 Crossing Jordan. (R) (T) ITV News Headlines. 2.45 Loose Women. (R) 3.30 ITV Nightscreen.

## LOCAL

## RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria. 1300 News 1415 Chamas da Vida 1600 Portugal no Coração 1800 Prego Carat 1900 News 1945 UEFA Cup 2130 Grande Entrevista 2200 TBA 0000 Quarto Crescente 0100 The Nine, series 0230 UEFA Cup Highlights 0300 Prova de Amor 0445 Telesales 0605 Nôs

## RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 O Meu Bairro 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Eileen Gray 0030 Noites da Dois 0200 Iniciativa 0245 Euronews 0500 Sociedade Civil

## SIC

0600 Sic Notícias 0900 Ligo, Ganhoul 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde War 1800 Três Imãs 1900 Nôs por Cá 2000 News 2115 Aqui e Agora 2200 Tã a Gravar 2230 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca 0430 Entourage, series

## TVI

0700 Diário Da Manhã 1015 Vozê na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Feitiço de Amor 2330 Olhos nos Olhos 0015 Dirty Sexy Money, series 0130 The Office, series 0200 Cartaz das Artes 0230 Sempre a Somar 0430 The Unit, series 0530 Telesales

## Best of the Rest

## BBC3

7.00 Out-takes: US Presidents 7.05 Film: Meet the Fockers 12 (2004) 9.00 My Life As an Animal 10.30 EastEnders 10.30 Deborah 12: Servant of God 11.30 Family Guy 11.55 Family Guy 12.15 My Life As an Animal 1.15 Deborah 13: Servant of God 2.15 Josh, Marry, Avoid? 2.45 Josh, Marry, Avoid? 3.15 Don't Tell the Bride 4.10 Young Mums' Mansion: The Dads Arrive 5.10 Close

## BBC4

7.00 World News Today 7.00 Weather 7.40 The New Avengers 8.30 Wainwright Walks: Coast to Coast 9.00 Dorset Days: A Year in the Life of Longhorn Jim 10.00 Crooked House 10.30 I've Never Seen Star Wars 11.00 Newsweek with Charlie Brooker 11.30 Dorset Days: A Year in the Life of Longhorn Jim 12.30 I've Never Seen Star Wars 1.00 Newsweek with Charlie Brooker 1.30 Crooked House 2.00 Wainwright Walks: Coast to Coast 2.30 The New Avengers 3.25 Crooked House 3.55 Close

## ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Loose Women 4.45 Ricki Lake 5.25 Sally Jessy Raphael 6.10 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 American Idol 9.00 Katie & Peter: Stateside 10.00 The Justin Lee Collins Show 11.00 Supernatural 12.00 American Idol 1.00 The Justin Lee Collins Show 2.00 Teleshopping 5.00 ITV2 Nightscreen

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## Sky1

1.00 Stargate SG-1 2.00 Bones 3.00 Cold Case 4.00 Lion Man 4.30 Malcolm in the Middle 5.00 Bondi Vet 5.30 Futurama 6.00 Futurama 6.30 Cops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Cold Case 11.00 Law & Order 12.00 Road Wars 1.00 Ross Kemp on Gangs 1.50 Road Wars 2.40 Stargate SG-1 3.30 Stargate SG-1 4.00 Greece Uncovered 5.10 Guilty!

## G.O.L.D

1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Steptoe and Son 3.00 The Brittas Empire 3.40 Just Good Friends 4.20 As Time Goes By 5.00 Keeping Up Appearances 5.40 Porridge 6.20 My Family 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Steptoe and Son 9.00 The Royle Family 9.40 Only Fools and Horses 10.50 Gimme Gimme Gimme 11.30 Harry Enfield and Chums 12.10 The Royle Family 12.50 Gimme Gimme Gimme 1.30 Harry Enfield and Chums 2.10 Charlie's Angels 3.00 Close

## TCM

1.00 The Time Machine PG (1960) 3.00 The Cincinnati Kid PG (1965) 4.55 Fort Worth PG (1951) 6.35 Hotel PG (1967) 9.00 Heart of Darkness 15 (1993) 11.00 Going Home 18 (1971) 12.50 Heart of Darkness 15 (1993) 2.55 Diner 15 (1982) 5.00 The Spy With My Face PG (1966) The Disney Channel Kids' programmes from 7am, except 8.00 Film: Recess: School's Out U (2001) Animated comedy, with the voice of Jason Davis.

## MOVIES

## Sky Movies Drama

6.30 Can't Be Heaven PG (1999) 8.15 The Trench 15 (1999) 10.00 The Other Sister 12 (1999) 12.15 What Dreams May Come 15 (1998) With Robin Williams. 2.15 One True Thing 15 (1998) With Renee Zellweger. 4.30 The Neighbor 12 (2008) With Matthew Modine. 6.15 Flashdance 15 (1983) With Jennifer Beals. 8.00 Fracture 15 (2007) With Anthony Hopkins. 1.00 Scarface 18 (1983) With Al Pacino. 1.00 Three 15 (2005) With Kelly Brook. 2.00 The Killer: A Journal of Murder 18 (1995) With James Woods. 4.30 The End of Eden PG (1996)

## Sky Movies Comedy

6.50 The Love Letter 15 (1999) 8.20 Mannequin PG (1987) 9.55 House of Cards PG (1991) 11.40 Turner & Hooch PG (1989) With Tom Hanks. 1.20 Rush Hour 3 12 (2007) With Jackie Chan. 2.55 So I Married an Axe Murderer 15 (1993) With Mike Myers. 4.35 Mannequin PG (1987) With Andrew McCarthy. 6.10 Music and Lyrics PG (2007) With Hugh Grant. 8.00 Turner & Hooch PG (1989) With Tom Hanks.

9.45 Rush Hour 3 12 (2007) With Jackie Chan. 11.20 Music and Lyrics PG (2007) With Hugh Grant. 1.10 So I Married an Axe Murderer 15 (1993) With Mike Myers. 2.50 The Love Letter 15 (1999) With Kate Capshaw. 4.25 House of Cards PG (1991)

## Sky Movies Action/Thriller

6.10 A Bridge Too Far PG (1977) 9.10 Saving Private Ryan 15 (1998) 12.00 Ocean's Thirteen PG (2007) With George Clooney. 2.10 A Bridge Too Far PG (1977) With Dirk Bogarde. 5.10 Saving Private Ryan 15 (1998) With Tom Hanks. 8.00 Ocean's Thirteen PG (2007) With George Clooney. 10.05 Sudden Death 18 (1995) With Jean-Claude Van Damme. 12.00 Warrior King 18 (2005) With Tony Jaa. 1.55 Dead Presidents 18 (1995) With Larenz Tate. 4.00 Billion Dollar Brain PG (1967)



## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Hutton v Pacquiao 24/7 9.30 Live Masters Tennis. Day five of the Monte-Carlo Masters. 5.30 Transworld Sport 6.30 Premier League World 7.00 Live Premier League Darts. Round 11 at the Trent FM Arena in Nottingham. 10.30 Time of Our Lives 11.30 Premier League World 12.00 The Rugby Club 1.30 Premier League Darts 5.30 Premier League World 5.30 Adrenaline Adventures

## Sky Sports 2

6.00 Live European Tour Golf. The China Open. 10.00 Boots 'n' All 11.00 FIFA Futbol Mundial 11.30 Total Rugby 12.00 Rallyzone 12.30 Hutton v Pacquiao 24/7 1.00 European Tour Golf 5.00 Hutton v Pacquiao 24/7 5.30 The Rugby Club 7.00 FIFA Futbol Mundial 7.30 Golf Night 9.30 Premier League World 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 NFL: Total Access 1.00 Rugby League 3.00 Time of Our Lives 4.00 Premier League World 4.30 Close

## Sky Sports 3

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE: Experience 8.00 Boots 'n' All 9.00 Squash 10.00 Transworld Sport 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 Boots 'n' All 2.00 Adrenaline Adventures 2.30 Total Rugby 3.00 Watersports World 4.00 Boots 'n' All 5.00 WWE Vintage Collection 6.00 Adrenaline Adventures 6.30 Race World 7.30 Live Rugby League. Gateshead

Thunder v Sheffield Eagles (Kick-off 7.30pm). 9.30 WWE: Late Night - Raw 12.30 Extreme Championship Wrestling 1.30 Masters Tennis 3.30 The Dogs 4.00 Race World 5.00 Close

## British Eurosport

7.30 Olympic Magazine 8.00 UEFA Cup Football 9.00 UEFA Cup Football 10.00 Arm Wrestling 10.30 Strongest Man 11.30 Cycling 12.00 UEFA Cup Football 1.00 Live Cycling. The Tour of Turkey. 3.00 UEFA Cup Football 4.00 World Superbikes 5.00 WTA Tennis 6.00 Live WTA Tennis. The Family Circle Cup. 8.00 Figure Skating 10.00 Cycling 11.00 UEFA Champions League 12.45 Close

## Sky Sports Xtra

2.00 Squash 3.00 Great Run Series 3.30 Rallyzone 4.00 Adrenaline Adventures 4.30 High Five 5.00 NFL: Total Access 6.00 Aerobics Oz Style 6.30 High Five 7.00 The Dogs 7.30 The Rugby Club 9.00 Masters Tennis 11.00 The Dogs 12.30 Race World 12.30 Golf Night 2.30 Adrenaline Adventures 3.00 Close

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

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600

## BBC1

6.00 Breakfast. (T) 9.15 Lifegivers. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting. (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.40 Arthur. (T) 3.55 Uncle Max. (R) (T) 4.05 Animals at Work. (R) (T) 4.35 Trapped. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (T) 6.00 BBC News; Weather. (T)

6.30 Regional News Programme; Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)

7.30 A Question of Sport. With heptathlete Kelly Sotherton, former badminton player Gail Emms, Bolton Wanderers striker Kevin Davies and recently retired undefeated boxer Joe Calzaghe. (T) BBC News; Regional News. (T)

8.00 EastEnders. Jack convinces Roy to let him spend more time with Amy, but when she cancels their meeting to take care of Ronnie, he threatens to start a custody battle. Stacey seeks comfort in Max as she reminisces about Danielle, while Phil's promise to Shirley proves short-lived and he turns to drink again. Nick surprises Dot by installing a stairlift in her home. (T)

8.30 Air Medics. New series following the work of the Great North Air Ambulance. One of the teams battles high waves to reach a coastguard who has been dragged out to sea and crushed against rocks. (T)

9.00 The Real Swiss Family Robinson. Chris Edwards and Amanda Blanch have run a hotel in Brighton for the past nine years, but the recession has hit them hard and they now face a #1million debt. Hoping to reassess their priorities and gain a new perspective on family life, they spend three weeks with their two teenage children on an island off Pemba, Tanzania, where they overcook an octopus and struggle to catch a crab. Last in the series. (T)

10.00 BBC News. (T)

10.35 **Friday Night with Jonathan Ross**. The host is joined by guests including star of X-Men Origins: Wolverine Hugh Jackman, comedy actor Martin Clunes and singer-songwriter Lady GaGa. (T)

11.35 The National Lottery EuroMillions Draw. OJ Borg presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: Black Knight. Comedy, starring Martin Lawrence. (T) Weatherview. (T)

1.15 Sign Zone: Horizon. (R) (T) 2.15 Sign Zone: Timewatch: Pyramid - The Last Secret. (R) (T) 3.05 Sign Zone: Gardeners' World Special. (R) (T) 4.05 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Something Special. (R) (T) 7.20 Mister Maker. (R) (T) 7.40 Carrie and David's Popsop. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Frankenstein's Cat. (R) (T) 8.25 What's New Scooby-Doo? (R) (T) 8.45 The Secret Show. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.30 The Owl. (R) (T) 9.30 Best of Friends. (R) (T) 10.00 The Sorcerer's Apprentice. (T) 11.00 Dangermouse. (R) (T) 11.20 FILM: Space Camp (1986). Children's sci-fi adventure, starring Kate Capshaw. (T) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 A Question of Genius. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Good Life. Margo has a burglar alarm installed, but Tom and Barbara claim they have nothing left worth stealing. Jerry is convinced he has failed to succeed his boss as head of the firm. (R) (T) 7.30 Mastermind. Subjects include Scott's Last Expedition and Blake's 7. (T) 8.00 Gardeners' World. Toby Buckland plants a 'twilight garden'. (T) 9.00 Top Dogs: Adventures in War, Sea and Ice. The men haul sledges across the sea ice of the Canadian Arctic. Last in the series. (T) 10.00 Genius. Johnny Vegas joins presenter Dave Gorman. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.40 Medium. (R) (T) 1.25 Medium. (R) (T) 2.05 FILM: The Beast in the Cellar (1970). Horror, starring Flora Robson. (T) 3.30 Close.

## Pick of the Day

## Friday Night with Jonathan Ross (BBC1, 10.35pm)

The dust has now well and truly settled after the Andrew Sachs controversy, and love him or loathe him, there's no denying Jonathan Ross is a ratings magnet, and his ability to get the most fabulous guests is unrivalled. Friday Night with Jonathan Ross has long given us an excuse to stay in, as the TV presenter has rubbed shoulders and, more often than not, taken the mickey out of, innumerable A-list celebrities over the years. Dressed in one of his trademark flamboyant suits, which are as colourful as his language, Jonathan is clearly in his element while chatting to his guests, and while he might not have the interviewing skills of Michael Parkinson, he knows how to keep viewers entertained and is the undisputed king of chat shows now that Parky has hung up his microphone. The latest edition promises to be something special, and that's entirely down to the quality of tonight's guests. Australian actor Hugh Jackman, who has been voted the 'sexiest man alive' by People magazine, drops by to talk to our host about X-Men Origins: Wolverine, which hits UK cinemas on May 1. Chart-topping American singer-songwriter Lady Gaga also swings by for a chat.

## C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 Brothers & Sisters. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 The Kitchen Pharmacy. (R) (T) 12.00 News at Noon. (T) 12.30 Water Stories. (R) (T) 12.45 Back to You. (R) (T) 1.15 FILM: Africa - Texas Style! (1967). Adventure, starring Hugh O'Brian. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. North Korean women fleeing their homeland. (T) 8.00 A Place in the Sun: Home or Away. Properties in Brighton and Gran Canaria. (T) 9.00 Ramsay's Kitchen Nightmares USA. An upmarket bistro in the Chicago suburbs. (T) 10.00 FILM: Nacho Libre (2006). Premiere. A Mexican friar adopts a double life as a masked wrestler to raise money for an orphanage and impress a beautiful nun. Comedy, starring Jack Black and Ana de la Reguera. (T) 11.40 Music: The Album Chart Show. (T) 12.15 4Music: Marilyn Manson: Video Exclusive. (T) 12.20 4Music: JD Set Presents: Everything Everything. (T) 12.40 4Music: 4Play: Zarif. (R) (T) 12.55 No Angels. (R) (T) 1.55 European Poker Tour. (R) 2.55 Freepsports on 4. (R) (T) 3.20 Hill Street Blues. (R) 4.10 Time Team. (R) (T) 5.00 Countdown. (R) (T) 5.35 Inuk. (R) (T) 5.45 Making It. (R)

## FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Peppa Pig. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play! (R) (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Michaela's Zoo Babies. (R) (T) 10.15 Monkey Life. (R) (T) 10.45 Monkey Life. (R) (T) 11.15 Extraordinary Animals. (R) (T) 11.45 World's Strongest Man. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay. (T) 3.10 FILM: Heart of a Stranger (2002). Premiere. Drama, starring Jane Seymour. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 Five News at 7. (T) 7.30 The Grid. RML's new vehicle for the World Touring Car Championship. (T) 7.30 Five News Update. (T) 8.00 Police Interceptors: Special Edition. Natalie Pinkham experiences being airlifted to safety. (T) 8.00 Five News at 9.00 NCIS. Nikki Jardine volunteers to help Tony investigate the murder of a Marine in Baghdad - where her behaviour makes him suspect she had an ulterior motive in requesting the assignment. (T) 10.00 NumB3rs. Don investigates a jury-fixing racket. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## LOCAL

## RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 415 Portugalno Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Antes Pelo Contrário 2115 Pá! Força 2200 Duo Final 2300 Ilhas Desconhecidas 0015 Nightmares and Dreamscapes, series 0200 Prova de Amor 0400 Teleales

## RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 O Meu Bairro 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 Grandes Livros 2200 News 2240 Brothers & Sisters, series 2230 Diga Lá Excelência 0030 Noites da Dois 0200 Palco: UHF 0300 Euronews 0500 Sociedade Civil

## SIC

0600 Sic Notícias 0900 Ligo, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Não Há Crises! 2230 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI: Las Vegas, series 0230 Quando o Telefone Toca 0430 Entourage, series

## TVI

0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2145 EuroMillions 2200 Flor do Mar 2245 Feitiço de Amor 2340 Olhos nos Olhos 0030 Nightmare at the End of the Hill, film 0230 Sempre a Soma 0430 The Unit, series 0530 Teleales

## Best of the Rest

## BBC3

7.00 Top Gear 8.00 Doctor Who 9.00 Little Britain 9.30 Little Britain 10.00 EastEnders 10.30 Snog, Marry, Avoid? 11.30 Snog, Marry, Avoid? 11.30 Family Guy 11.55 Family Guy 12.15 Home & Corden 12.45 My Life as an Animal 1.45 Snog, Marry, Avoid? 2.15 Snog, Marry, Avoid? 2.45 Home & Corden 3.15 Two Pints: Fags, Lads and Kebabs 4.15 Doctor Who Confidential: Desert Storm 5.00 Close

## BBC4

7.00 World News Today 7.00 Weather 7.30 Jazz 625: Theloniou Monk 8.05 4 Better 4 Worse: The Anatomy Of A String Quartet 9.00 Storyville: The Jazz Baroness 10.25 Jazz 625: Art Blakey 11.05 Jazz 625: Theloniou Monk 11.35 Mad Men 12.25 The New Avengers 1.15 Storyville: The Jazz Baroness 2.40 4 Better 4 Worse: The Anatomy Of A String Quartet 3.35 Close

## ITV2

1.00 Emmerdale Family Album 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Loose Women 4.45 Ricki Lake 5.25 Sally Jessy Raphael 6.15 Creature Comforts 6.30 Britain's Got Talent 8.00 Britain's Got More Talent 9.00 American Idol 10.00 Katie & Peter: Stateside 11.00 Coronation Street 11.30 Coronation Street 12.00 The Justin Lee Collins Show 1.00 American Idol 2.00 Hey Paula! 2.20 Teleshopping 5.20 ITV2 Nightscreen

## Sky1

1.00 Stargate SG-1 2.00 Bones 3.00 Cold Case 4.00 Lion Man 4.30 Malcolm in the Middle 5.00 Bondi Vet 5.30 Futurama 6.00 Futurama

6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Me, Myself and Irene 15 (2000) 11.15 Road Wars 12.15 Nightingale 12.00 News 1.15 Ross Kemp on Gangs 2.10 Road Wars 3.05 Stargate SG-1 4.00 Stargate SG-1 4.55 Gladiators G Zone 5.10 Gullity! 5.35 Cruise with Stelios: Mediterranean 6.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Steptoe and Son 3.00 One Foot in the Grave 3.40 Just Good Friends 4.20 As Time Goes By 5.00 Keeping Up Appearances 5.40 Porridge 6.20 My Family 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Steptoe and Son 9.00 The Royle Family 9.40 Jonathan Creek 11.25 Harry Enfield and Chums 12.15 One Foot in the Grave 12.55 The Royle Family 1.35 Harry Enfield and Chums 2.10 Charlie's Angels 3.00 Close

## TCM

1.00 Key Largo PG (1948) 3.00 The Great Bank Robbery U (1969) 4.55 The Abduction PG (1974) 6.50 The Karate Killers PG (1967) 8.30 The Screening Room 9.00 Spawn 15 (1997) 10.50 Rollover 15 (1981) 1.05 Spawn 15 (1997) 2.50 Absolute Power 15 (1997) 5.00 Lost in a Harem U (1944)

## The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: Spy Kids 3-D: Game Over U (2003) Adventure sequel, starring Antonio Banderas. 8.00 Film: Stuck in the Suburbs PG (2004) Family comedy, starring Danielle Panabaker. 10.00 Film: Stepister from Planet Weird PG (2000) Family comedy, starring Courtnee Draper.

## MOVIES

## Sky Movies Drama

6.15 Loss of Faith PG (1997) 8.00 Onegin 12 (1999) 10.00 A Soldier's Story 15 (1984) 11.45 Cleaveville 12 (2007) With Ever Carradine. 1.20 West Side Story PG (1961) With Natalie Wood. 4.00 Forces of Nature 12 (1999) With Sandra Bullock. 5.50 The Namesake 12 (2006) With Cal Penn. 8.00 Rendition (2007) With Reese Witherspoon. 10.10 Becoming Jane PG (2006) With Anne Hathaway. 12.15 American Gigolo 18 (1980) With Richard Gere. 2.15 Titus 18 (1999) With Anthony Hopkins. 5.00 Malpractice PG (2001)

## Sky Movies Comedy

6.10 Don't Go Breaking My Heart PG (1999) 7.50 Boomerang 15 (1992) 9.50 Wedding Daze 15 (2006) 11.25 Epic Movie 12 (2007) With Cal Penn. 1.05 Wild Hogs 12 (2007) With John Travolta. 2.50 Hot Rod 12 (2007) With Andy Samberg. 4.20 Parenthood 15 (1989) With Steve Martin. 6.25 Wedding Daze 15

(2006) With Jason Biggs. 8.00 Epic Movie 12 (2007) With Cal Penn. 9.40 Wild Hogs 12 (2007) With John Travolta. 11.25 Hot Rod 12 (2007) With Andy Samberg. 1.00 Boomerang 15 (1992) With Eddie Murphy. 3.00 Parenthood 15 (1989) With Steve Martin. 5.10 Don't Go Breaking My Heart PG (1999)

## Sky Movies Action/Thriller

6.00 The Top 10 Show 6.15 Red Sonja 15 (1985) 8.00 Stop! Or My Mom Will Shoot PG (1992) 9.45 Rocky PG (1976) 12.00 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 2.15 Red Sonja 15 (1985) With Brigitte Nielsen. 4.00 Stop! Or My Mom Will Shoot PG (1992) With Sylvester Stallone. 5.45 Rocky PG (1976) With Sylvester Stallone. 8.00 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 10.10 Rambo 18 (2008) With Sylvester Stallone. 11.45 Die Hard 18 (1988) With Bruce Willis. 2.00 The Usual Suspects 18 (1995) With Gabriel Byrne. 4.00 Funeral in Berlin PG (1966)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 4.00 A Touch of Frost. (R) (T) 4.59 London Weather. (T)

5.00 Taste the Nation. Two teams design three courses inspired by their regions in a bid to impress judges Henrietta Green, Richard Johnson and William Sitwell and book a place in the semi-finals. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Daz is shocked when Victoria confesses she might be pregnant, but heads off on a romantic weekend with Scarlett. Mark pledges to make up for the past when he secretly meets Faye, and later pacifies his suspicious wife with a lavish gift. Meanwhile, Maisie and Andy try to fend off objections from Natasha and Debbie. (T)

7.30 Coronation Street. Ted urges Ken to save his marriage before it is too late and Dev panics when Lisa joins him and Tara at the Rovers. An angry Tony humiliates Tom before warning him to stay away from Maria. Meanwhile, Joe collapses in his van and a pigeon lover turns up with one of Jack's missing birds. (T)

8.00 Empty House Syndrome. Tonight. (T)

8.30 Coronation Street. Back at the flat, Tara confronts Lisa about her liaison with Dev, and Peter undermines Ken in front of Deirdre during a family discussion. A delighted Jack bonds with Connie over tea, while Luke begins to feel paranoid about being watched when Tom reveals that Tony is having him followed. (T)

9.00 Hell's Kitchen. Claudia Winkleman presents the latest from the reality TV kitchen as the celebrities continue the challenge under the tutelage of head chef Marco Pierre White. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Pushing Daisies. Famed window dresser Erin Embry dies in mysterious circumstances, but Ned's life-restoring powers let him down, so Emerson recruits Chuck to tackle the case. The aunts are delighted to entertain a pair of recently escaped convicts who kidnapped Olive as a child in a conspiracy to command her parents' attention. George Segal and Richard Benjamin guest star. (T)

11.35 FILM: Inside I'm Dancing (2004). Premiere. Drama, starring James McAvoy. (T) ITV News Headlines.

1.20 FILM: Sweet November (2001). Romantic drama, starring Keanu Reeves and Charlize Theron. (T) 3.15 ITV Nightscreen.

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Premier League World 9.30 Live Masters Tennis. The Monte-Carlo Masters quarter-finals. 5.30 Off The Bar 6.00 Big League Weekend 1.00 Premier League Preview 7.30 Live Super League. Bradford Bulls v Warrington Wolves (kick-off 8.00pm). 10.00 Live Friday Fight Night. Matthew Marsh v Mark Moran. 12.00 Big League Weekend 1.00 Premier League Preview 1.30 Off The Bar 2.00 Friday Fight Night 4.00 Big League Weekend 1.50 Premier League Preview 5.30 Off The Bar

## Sky Sports 2

6.00 Live European Tour Golf. The China Open. 10.00 High Five 10.30 The Rugby Club 12.00 European Tour Golf 4.00 WWE: Raw 7.00 Volvo Ocean Race 7.30 Live International Football. Scotland Under-18s v England Under-18s (kick-off 7.35pm). 9.30 Premier League Preview 10.00 Big League Weekend 11.00 Premier League Preview 11.30 Off The Bar 12.00 NFL: Total Access 1.00 Super League 3.00 Golf Night 5.00 Tight Lines

## Sky Sports 3

6.00 WWE: Raw 9.00 Rugby League 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Race World 1.00 Premier League World 1.30 Live International Cricket. South Africa v Australia. 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Masters Tennis 3.00 Adrenaline Adventures 3.30 Ocean Race 4.00 International Football

## British Eurosport

7.30 World Series by Renault 8.00 MotoGP 9.00 UEFA Champions League 10.00 WATTS 10.15 UEFA Champions League 11.15 Eurogals: One to One 11.30 UEFA Champions League 1.00 Live Cycling. The Tour of Turkey. 3.00 World Series by Renault 3.30 MotoGP 5.00 Eurogals Weekend 5.30 WTA Tennis 6.00 Live WTA Tennis. The Family Circle Cup quarter-finals. 9.30 Cycling 10.15 Cycling 10.45 Yoz Magazine 11.00 UEFA Cup Football 12.30 Close

## Sky Sports Xtra

6.00 Race World 7.00 Premier League Darts 10.30 UEFA Champions League 11.00 UEFA Champions League 11.30 UEFA Champions League 12.00 Premier League Darts 4.00 Adrenaline Adventures 4.30 High Five 5.00 NFL: Total Access 6.00 Tight Lines 7.00 Golf Night 9.00 Masters Tennis 11.00 Tight Lines 12.00 International Football 2.00 UEFA Champions League 2.30 UEFA Champions League 3.00 UEFA Champions League 3.30 UEFA Champions League 4.00 UEFA Champions League 4.30 UEFA Champions League 5.00 UEFA Champions League 5.30 UEFA Champions League

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## Palm Sunday at All Saints



During a ceremony at All Saint's Anglican Church in Almancil, Jacques Joubert received a blessing for his new role as an acolyte. From left: Rev'd Jackie Nevill, Rev'd Paul Luckman, Father Joe Wingo and Jacques. See page 56 for details of All Saints Easter Services.

## Oporto

**GREATER GRACE INTERNATIONAL FELLOWSHIP** Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Oporto/across from the "Emergency" entrance of Hospital Santo Antonio; for details www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

**RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto**. Interdenominational meetings 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or

www.riversideporto.com

**ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO**. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoport.com

**THE SALVATION ARMY OPORTO** Pereiro Corps (Av. Vasco da Gama No. 675-2 E Ramalde). Service 10am, Salvation Meeting 5.00pm. Colours Corps. (Av. dos Bombeiros Voluntários - Tel: 22 929 1077) Sun. 10am.

**JEHOVAH'S WITNESSES** - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976.

## Caldas da Rainha

**ANGLICAN EVENING WORSHIP IN ENGLISH**. At 6:00pm on the 1st Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce").

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIPI. 2520 Peniche. Obidos. Sunday 11am (1<sup>st</sup> & 2<sup>nd</sup> Sunday of the month).

## sudoku

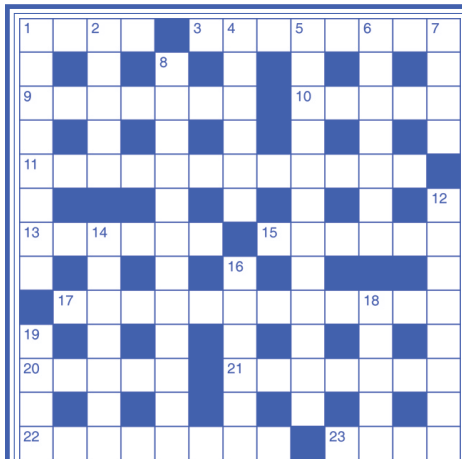
Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

5								
		4		3	2			7
7			6		9			5 3
	5	2			8			
6								8
				1			7 3	
1 8		9			6			4
9			2 7			8		
								5

Last weeks solution:

1	6	8	4	3	2	5	9	7
5	3	2	1	7	9	4	8	6
7	9	4	8	5	6	1	2	3
4	8	7	6	9	5	2	3	1
2	5	6	3	1	7	8	4	9
9	1	3	2	8	4	6	7	5
3	4	5	7	6	8	9	1	2
8	7	9	5	2	1	3	6	4
6	2	1	9	4	3	7	5	8

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com



## ACROSS

- Ornamental belt (4)
- Depose (8)
- Feat (7)
- Topic (5)
- Gamble (4,3,5)
- Pottery fragments (6)
- Indifference (6)
- Gratitude (12)
- Boredom (5)
- Voter (7)
- Bar (8)
- Overtake (4)

## DOWN

- Bashful (8)
- Dark brown (5)
- Exact (6)
- Revivalist preacher (3-9)
- Gluttonise (7)
- Private (12)
- Ugly sights (8)
- Heighten (7)
- Vex (6)
- Additional (5)
- Profound (4)

## QUICK SOLUTIONS Nº: 235

Across: 6 Greatly; 7 Start; 9 Piety; 10 Arrival; 12 Provocation; 14 Incredulity; 18 Clarity; 19 Droll; 21 Adult; 22 Succour.

Down: 1 Trait; 2 Halter; 3 Ale; 4 Strict; 5 Creator; 8 Trickle; 11 Avidity; 13 Include; 15 Rarely; 16 Thrice; 17 Flout; 20 Hue.

Crossword No. 236



## The Empty Tomb

She had not grown up in a particularly religious family though I am quite sure her parents would have said they believed in God. Faith was not talked about in personal terms and the Bible was not a book they ever opened in their home. Prayer was never practiced. We were just teenagers when Renee first visited my church. It all started because she had a crush on one of my church friends. However, after attending faithfully for a time, she began asking question... I was certainly not a Bible scholar but I had grown up attending Sunday School and church and knew what the Bible taught. Renee was challenged by the way our family talked freely about the Bible and prayed together. The fact that we were not ashamed to share our faith with others made her want to understand.

The spring of our junior year of high school, Renee attended a church retreat with me. It seemed to her that the speaker had prepared each of his messages with her in mind. After one of the sessions, Renee excused herself from free time to go speak some more with him. After talking for a while the pastor asked her, "Renee, what is keeping you from placing your trust in Jesus Christ?"

"I just need proof," she answered.

"Renee, the empty tomb is your

proof." At those words, Renee's doubts disappeared. That spring day, only a few weeks before Easter, she began a personal relationship with the One who had died for her sins and who rose again after three days. It was a joy to see her faith grow over the next few years.

Only a few years after her conversion experience, I received a phone call from Renee's young husband. They had been married only ten months when Renee was diagnosed with an acute form of leukemia. She died within weeks of the diagnosis. Her husband was devastated but because he shared her hope in Christ, he wanted her personal story of faith in Christ to be shared at her funeral. "You were there," he said. "Can you tell me how it happened?"

Rarely over the past thirty or more years has an Easter season passed without my remembering the day Renee made a conscious decision to put her faith in Christ. The empty tomb is still the proof mankind needs. The Christ who laid down his life for sinners is still alive.

"He is risen! He is not here."

Mark 16:6

\*More information about how to have a relationship with God can be found at [www.rbc.org/personal\\_relationship\\_with\\_god/page](http://www.rbc.org/personal_relationship_with_god/page)

## Announcements

**LONELY? BORED?** Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

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**ABA CHARITY** shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, 962 633 811, for details of our work for animal welfare. Please help.

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**THE ANIMAL** charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

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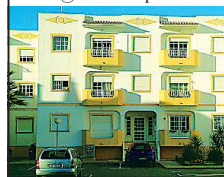
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# FC Porto of dreams

Manchester United, the champions of Europe, were this week comprehensively outplayed by an adventurous yet mature FC Porto at the Theatre of Dreams, a title, which for the men from Portugal, could not be more suited to their experience at Old Trafford.

The Dragons of Oporto made the Red Devils of Manchester look every bit like a bunch of over-rated and overpaid schoolboys they are so often accused of being, as a team on a shoe-string budget, but with a clear love of the club they represent, taught them a football lesson in European football.

It took only a minute for FC Porto to make their intentions clear as Lisandro Lopez forced a save out of Edwin Van Der Sar.

But the warning was not heeded, and within four minutes, Cristian Rodriguez had put the visitors ahead.

The goal came after Cristiano Ronaldo carelessly gave the ball away. Making matters worse, he did not make the slightest effort to recover the lost ball, before the highly-rated Johnny Evans side-footed a ball into the path of the Uruguayan international for him to score.

Despite all the post-mortems and lamenting of Manchester United's inadequate defence, they were all first-choice international players and one was later substituted by another international, Gary Neville.

Rather, it should be FC Porto who should be left feeling hard-done-by defensively.

The Portuguese champions not content with being a goal up,

continued slicing through Manchester United's flat-footed defence like a hot knife through butter.

But an irresponsible back-pass from one of Portugal's best defenders this season, Bruno Alves, handed an opportunistic Wayne Rooney the chance to coolly equalise past a wrong-footed Helton.

Suddenly Manchester United were on level terms, and the Old Trafford faithful sensed a stroke of fortune might just be what their team needed to take hold of the match and inject some inspiration into their lacklustre team.

But it was not to be.

Instead, and unperturbed by giving away a needless goal, the FC Porto attack, brilliantly backed up by midfield maestro and captain Lucho Gonzalez, found holes in the United armour with consummate ease.

After the break, and perhaps after receiving one of Sir Alex Ferguson's famous ear-lashings, United managed to balance the run of play and transfer the battle zone from their shaky defence to a slightly more composed midfield.

It was not until five minutes before the end that the electronic scoreboard at Old Trafford was to change.

A long and precise throw-in by

Gary Neville (he can still do those) was received by Wayne Rooney, whose neat back-flick found substitute Carlitos Tevez in the small box, who made no mistake, hammering the ball into the roof of the net.

But Manchester United's immaturity and arrogance was on view for all to see five minutes later.

A wave of FC Porto attackers, obviously in search of an equaliser were met by four Manchester United defenders as the remainder or perhaps the more illustrious members of the team deemed it unnecessary to secure the win by helping out at the back.

A cross into the box was only flicked on by John O'Shea - who had left the man he was marking to do so, while Gary Neville, faced with two men to mark, chose the first attacker, only to leave Mariano free at the far post to net a deserved goal, leaving the final score at 2-2.

FC Porto now host Manchester United in Oporto next Wednesday evening knowing that a goalless, or even a 1-1 draw will be sufficient for the Portuguese team to look at repeating their heroics of 2004.

History also counts in FC Porto's favour, as they have never lost at home to English opposition.



Manchester United's Ji-Sung Park is challenged for the ball by FC Porto's Fernando during their UEFA Champions League quarter final match played at the Old Trafford stadium on Tuesday. (Photo: EPA/Nick Wilkinson)

## A1GP debuts at Algarve MotorPark

The A1GP World Cup of Motorsport is coming to the Algarve this weekend, between 10<sup>th</sup> and 12<sup>th</sup> April. Thousands of spectators are expected at the track's biggest event yet, as well as lots of entertainment.

It is one of the most competitive motorsports in the world as drivers race each other in cars with identical engines, leaving the results up to each individual's driving skills. With all cars being powered by Ferrari, expect high-octane action at the recently inaugurated racetrack.

Starting with open track testing on Good Friday, the A1GP World Cup of Motorsport will hold two official races over the weekend, first the A1GP Sprint Race, followed by the A1GP Feature Race. Qualifying will be on the Saturday and the races on Sunday.

Together with the A1GP events will be the Ferrari Challenge Series, providing extra entertainment for the crowds as they will display demo laps and hold a race for the Ferrari Challenge Trophy, Pirelli & Shell Cup.

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The Algarve MotorPark has been hailed as a fantastic track, both by professional drivers and by high ranked racing representatives, such as Max Mosley, who recently rated the track as "highly impressive." "It is a beautiful track, very original, interesting, because it has significant changes in levels and blind bends" said the chairman of the FIA. Since the track has already been approved by FIA officials, Max Mosley says all that remains now for the track to hold a Formula 1 event is Bernie Ecclestone's approval.

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